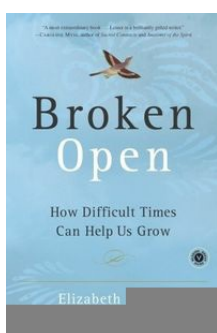


BROKEN OPEN: HOW DIFFICULT TIMES CAN HELP US GROW

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HOW STRANGE THAT THE NATURE OF LIFE is change, yet the nature of human beings is to resist change. And how ironic that the difficult times we fear might ruin us are the very ones that...

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3.5 stars. I picked this up because one of my respected Goodreads friends rated it a 5 star and I always love a good spiritual growth type book. It's about letting yourself be "broken open" during difficult times to allow for growth. I am certainly not going through a difficult time but I still appreciated the author's insight. I completely...