



Powered By Positive: A Caregiver's Journey From Conflict to Courage, How to Beat Adversity And Live Again

Joni Gaffin

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"We all marvel at the beauty of the butterfly, but rarely do we consider what it went through to become that butterfly." ~ Maya Angelou Do you feel overwhelmed by your life as it is? Are you angry ? Do you feel guilty, lonely and exhibit signs of burnout because of the hardships you are facing each day ? Life is not easy, but when it becomes complicated with unforeseen trials, misfortune and sorrow, we must learn to navigate our path to self-empowerment for our survival. Offering real life experiences, as a daughter, wife, mother, business owner and caregiver (for over 20 years to her husband, who had Multiple Sclerosis and her mother, who had dementia) Joni Gaffin shows you how to transform yourself to be "Powered by Positive" in spite of your adversities. In this book you will learn: * Invaluable tips to guide you through YOUR challenging life experiences. * Detailed examples of how to change YOUR perspective to live the life you deserve. * Creative and fun ideas to bring calm and purpose into YOUR life. Filled with hope, love and inspiration, the tools in Joni's survival kit will help you find the strength, courage and gratitude to overcome your trials and tribulations. Included among these tools are over 140 uplifting quotations by famous people, throughout the book, that will be your greatest source of encouragement and inspiration. If you are ready to be transformed and become all that you were meant to be... THEN THIS BOOK IS FOR YOU! "The strongest people are not those who show strength in front of us, but those who win battles we know nothing about." ~ Unknown

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