



Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives

By Mira Kirshenbaum

Download now

Read Online ➔

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum

In each of our lives we are faced with events that seem inexplicable, unjust, even cruel—events that can shatter our perception of the world, our understanding of ourselves, and our faith in a higher power. Friends and family members often offer comfort with “Everything happens for a reason”—a simple, common phrase with an unbearably elusive meaning.

In **Everything Happens for a Reason**, psychotherapist Mira Kirshenbaum helps us understand the principles behind this frequently used phrase and provides us with tools to grasp its true meaning. According to Kirshenbaum, there is significance to each of the events in our lives. We all can discover meaning in what has happened to us—seeing such occurrences as gifts, lessons, or opportunities that we might not have been able to get any other way. Building on more than twenty-five years of clinical research, Kirshenbaum has developed tests to help readers decode the confusing or unfortunate events in their lives and find solace and strength in the positive outcomes that exist.

Kirshenbaum offers ten universal reasons for the tragedies in our lives, among them letting go of fear, radically accepting ourselves, becoming a truly good person, finding forgiveness, and discovering our mission.

While coming to terms with unexpected loss and disappointment is never easy, **Everything Happens for a Reason** empowers readers to embrace the positive and comprehend the specific message that is larger and more powerful than their grief.

From the Hardcover edition.

 [Download Everything Happens for a Reason: Finding the True ...pdf](#)

 [Read Online Everything Happens for a Reason: Finding the Tru ...pdf](#)

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives

By Mira Kirshenbaum

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum

In each of our lives we are faced with events that seem inexplicable, unjust, even cruel—events that can shatter our perception of the world, our understanding of ourselves, and our faith in a higher power. Friends and family members often offer comfort with “Everything happens for a reason”—a simple, common phrase with an unbearably elusive meaning.

In **Everything Happens for a Reason**, psychotherapist Mira Kirshenbaum helps us understand the principles behind this frequently used phrase and provides us with tools to grasp its true meaning. According to Kirshenbaum, there is significance to each of the events in our lives. We all can discover meaning in what has happened to us—seeing such occurrences as gifts, lessons, or opportunities that we might not have been able to get any other way. Building on more than twenty-five years of clinical research, Kirshenbaum has developed tests to help readers decode the confusing or unfortunate events in their lives and find solace and strength in the positive outcomes that exist.

Kirshenbaum offers ten universal reasons for the tragedies in our lives, among them letting go of fear, radically accepting ourselves, becoming a truly good person, finding forgiveness, and discovering our mission.

While coming to terms with unexpected loss and disappointment is never easy, **Everything Happens for a Reason** empowers readers to embrace the positive and comprehend the specific message that is larger and more powerful than their grief.

From the Hardcover edition.

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Bibliography

- Sales Rank: #502609 in eBooks
- Published on: 2005-04-26
- Released on: 2005-04-26
- Format: Kindle eBook

 [Download Everything Happens for a Reason: Finding the True ...pdf](#)

 [Read Online Everything Happens for a Reason: Finding the Tru ...pdf](#)

Download and Read Free Online Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum

Editorial Review

From Publishers Weekly

If you believe that "everything happens for a reason," you might find solace in this well-written self-help guide by psychotherapist Kirshenbaum (best known for the relationship guide *Too Good to Leave, Too Bad to Stay*). Her premise is that "that no matter what happens to you, not only does something valuable come out of it but it's just what you need." Kirshenbaum details in separate chapters the 10 possible life lessons one might learn from unhappy life events, ranging from self-acceptance, feeling at home in the world and letting go of fear to finding true love or your hidden talents. Readers answer diagnostic questions to determine which lesson might be theirs. There is also a wealth of advice, such as a seven-step method to overcome fear and a list of the 10 elements of true love. Kirshenbaum is careful to note that what you learn doesn't make up for what you have lost. Still, the case studies always end positively. And some don't ring true: how likely is it that a mother will see the birth of a very sick infant as an opportunity to let go of fear? If you don't believe there is comfort to be found in life's worst events, this book isn't for you. But if you've undergone a tragedy and are desperate to find meaning in it, Kirshenbaum's smooth, comforting tone may give you some direction.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Mira Kirshenbaum is a wise and seasoned guide, her book a welcome map of the difficult terrain of life."

—Dr. Dorothy Firman, coauthor of *Chicken Soup for the Mother and Daughter Soul*

"In a loving universe everything does happen for a reason, and in Mira Kirshenbaum's book we are persuaded that the universe always has our best interests at heart—even in our darkest moments."—Gavin de Becker, bestselling author of *The Gift of Fear*

"Brilliant, beautiful, and bound to make a profound difference in all of our lives." —Debra Waterhouse, M.P.H., R.D., bestselling author of *Outsmarting Female Fatigue*

"One of life's wonderful surprises. Insightful, wise, and warm." —Mary J. Shomon, bestselling author of *Living Well with Hypothyroidism*

From the Trade Paperback edition.

From the Inside Flap

Can it really be true that everything happens for a reason? As amazing as it sounds, it is. There is significance in every event of our lives, from the most joyful and empowering to the inexplicable or seemingly unjust. In "Everything Happens for a Reason," psychotherapist Mira Kirshenbaum encourages us to discover the meaning in what has happened to us, seeing these experiences as gifts, lessons, or opportunities. Building on more than twenty-five years of clinical research, Kirshenbaum helps us decode the confusing or unfortunate moments in our lives and find solace and strength.

Users Review

From reader reviews:

Mellisa White:

The e-book with title Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives includes a lot of information that you can learn it. You can get a lot of benefit after read this book. This particular book exist new know-how the information that exist in this publication represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. That book will bring you in new era of the globalization. You can read the e-book with your smart phone, so you can read the idea anywhere you want.

Karon Hall:

Beside that Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives in your phone, it can give you a way to get more close to the new knowledge or info. The information and the knowledge you might got here is fresh through the oven so don't always be worry if you feel like an old people live in narrow town. It is good thing to have Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives because this book offers for you readable information. Do you often have book but you don't get what it's about. Oh come on, that wil happen if you have this with your hand. The Enjoyable option here cannot be questionable, similar to treasuring beautiful island. Techniques you still want to miss that? Find this book and also read it from now!

Sandra Castillo:

You can obtain this Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives by look at the bookstore or Mall. Simply viewing or reviewing it could to be your solve challenge if you get difficulties for your knowledge. Kinds of this guide are various. Not only by simply written or printed but can you enjoy this book by simply e-book. In the modern era like now, you just looking because of your mobile phone and searching what your problem. Right now, choose your own ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still upgrade. Let's try to choose appropriate ways for you.

Lenora Dryer:

That publication can make you to feel relax. That book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives was colourful and of course has pictures on the website. As we know that book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives has many kinds or variety. Start from kids until youngsters. For example Naruto or Detective Conan you can read and believe that you are the character on there. So , not at all of book usually are make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading that.

Download and Read Online Everything Happens for a Reason:

**Finding the True Meaning of the Events in Our Lives By Mira
Kirshenbaum #O57EC1NZ9YR**

Read Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum for online ebook

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum books to read online.

Online Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum ebook PDF download

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Doc

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Mobipocket

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum EPub

O57EC1NZ9YR: Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum