



# Life Happens: What Are YOU Going to Do About It?: Powerful Tools to Access Your Inner Resources and Transform Your Life

*Leslie Sann*

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## **Life Happens: What Are YOU Going to Do About It?: Powerful Tools to Access Your Inner Resources and Transform Your Life** Leslie Sann

Life Happens: What are YOU Going to Do About It? Life does what it does whether we like it or not. Something unexpected happening is a usual occurrence. From big things to little things, life doesn't always go our way. Now what? You can empower yourself with your choices and actions. How you respond to life is the experience you get to live in. When Life Does What It Does, Do Something Back. You can transform your life by how you relate to your circumstance. You ARE that powerful. • What will you choose to do? • How will you choose to be? • What actions will you choose to take? In this book, Leslie Sann shares powerful tools you can use to become resilient and responsive when Life does what it does. These tools are practical and empowering and will help you shift from victim to victorious, assisting you to meet life on life's terms and win. Leslie writes from her experience, sharing with you what she has learned from standing up one more time after life had knocked her down. The tools and practices shared in the book can be used immediately so your life gets better, starting now. As you empower yourself with your choices and actions you may discover an inner joy that comes with using your creative energies to craft the life you want. Joyful people think differently, are more inventive, resilient, patient, generous optimistic and kind. They focus more on what IS working rather than what is not, fostering gratitude and even more joy, because what is uncovered is an experience that is good to live in. In the goodness there is joy. In the joy there is ease. In the ease there is power. Where there is power there is an ability to make a positive difference in your life.

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