



# Finding Your Smile in Hard Times: Flipping Into Peace Mode When Life is Difficult

*Dr. Linda Travelute*

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It is said, pain is a part of life. No doubt! But what if you could find a way to tackle pain without being swallowed up by it? You may never escape pain and hurt along the way, that's a given. But what if you could learn a way to make pain fade into the background? You are about to discover a way that will help you do just that. In this book, I'm going to show you how to reroute the pain in your life. No longer will it be an ever-present condition and on your mind 24/7. In fact, if you can grab onto this concept I am going to share with you, it will take the sting out of your present pain and also buffer any pain in your future. Soon you'll be flipping into peace mode even when life is difficult. Filled with inspirational and real life stories that will make you laugh, and sometimes go misty eyed, this book will help you find:

- Proven techniques to finding your smile in the hard times
- Proof that you are not alone, even though you feel like it
- Validation for your pain or difficulty - yes, your pain is real!
- Everything that happens really is "all good"
- The cure for disappointment
- How to bear the pain that has been tossed at you with grace
- How to get your own little mini-vacation from your difficult situation
- How you can know if God is really good to you and what to do about it when you think He's not
- Resources and clickable links to articles that will help you deal with the tough stuff of life
- Where you can go to find answers to some of your biggest questions
- Why and how to meditate on the good stuff of God's Word
- Discover a relaxing way to memorize scripture
- Why hope really makes a difference and how to get it in your heart and head
- Why helping others speeds up pain removal
- How Jesus used the very same technique to handle His pain at his lowest point in life
- Includes a worksheet that can be printed or copied into a journal to get you started using these methods so you can find your smile and gain peace immediately.

I'm no stranger to pain. I breathe, therefore I hurt. I have been through my own dark tunnel of depression and difficulty. I'll share with you how I learned to find my smile in the hard times. And how I've been able to help countless others find their smile too. Serving in the pastoral care ministry for the last 20 years at one of the largest and fastest growing churches in Central Florida, has allowed me to walk with others through the most difficult and critical times of their lives. Using my experience as a pastor and doctor of clinical psychology, I share with you simple, easy to apply keys to flipping into peace mode, even when life is difficult. Yes, it can be done! Come with me and let me show you how!

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