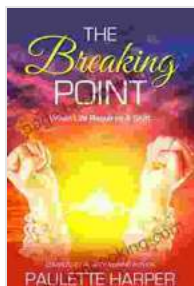


The Breaking Point: When Life Requires a Shift

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The Breaking Point: When Life Requires A Shift

by Paulette Harper

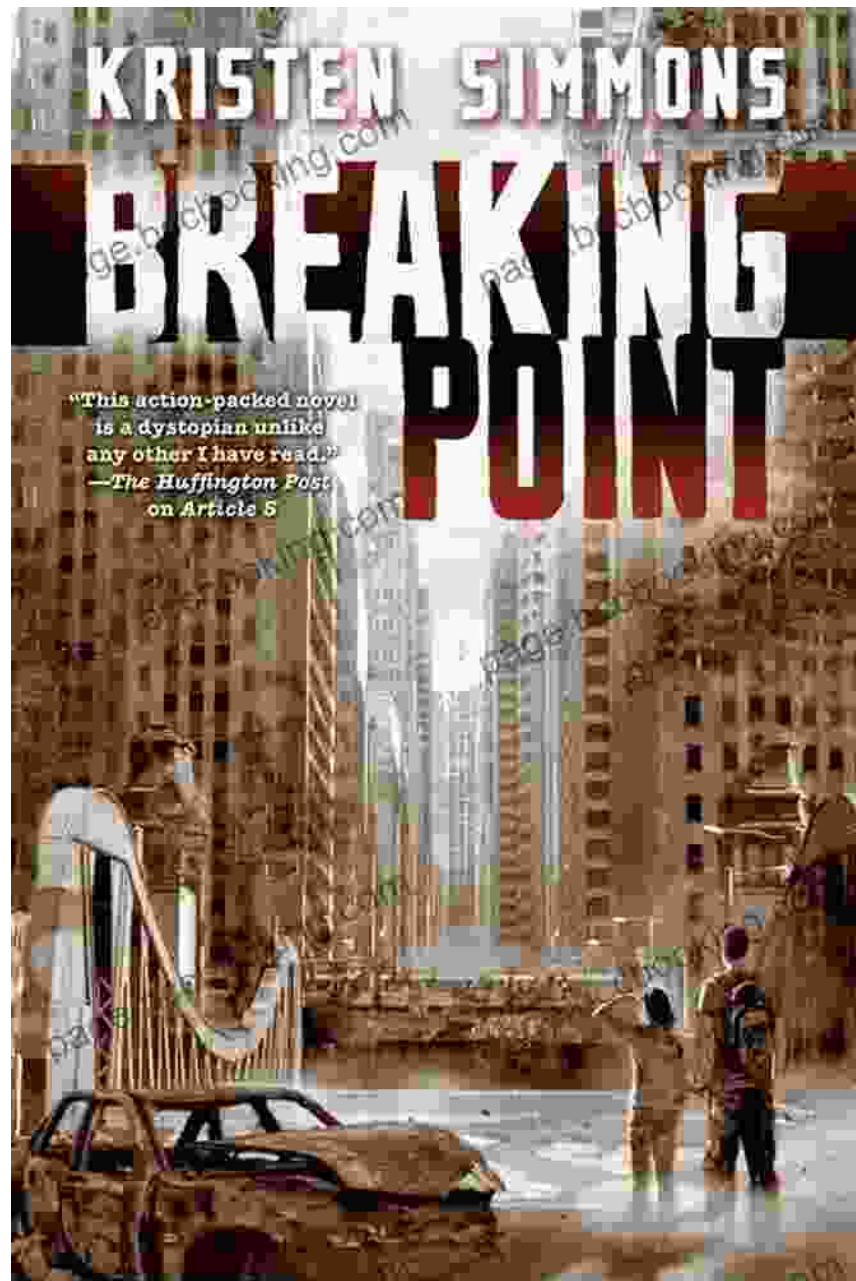
★★★★★ 5 out of 5

Language : English
File size : 4823 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 159 pages

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In life, we all come to breaking points, moments when everything seems to fall apart and we feel like we can't go on. But it is in these moments that we have the opportunity to make a shift, to choose a new path, and to create a better life for ourselves.

In her new book, *The Breaking Point: When Life Requires a Shift*, Kristi D. Gustafson draws on her own experiences of hitting a breaking point to offer

a practical and inspiring guide to helping you through your own challenging times. She shares her personal story of struggling with depression, anxiety, and the loss of her beloved dog, and how she used these experiences to find her purpose and create a life filled with joy and meaning.

The Breaking Point is not a self-help book filled with platitudes and quick fixes. Instead, it is a compassionate and honest exploration of the challenges we all face in life. Gustafson offers practical tools and exercises to help you identify your breaking points, understand the emotions you are experiencing, and develop a plan for moving forward. She also provides inspiring stories from others who have successfully navigated their own breaking points.

If you are feeling like you are at a breaking point in your life, this book is for you. *The Breaking Point* will help you to understand your emotions, develop a plan for moving forward, and create a life that is filled with purpose and meaning.

What Others Are Saying About *The Breaking Point*

"Kristi D. Gustafson has written a powerful and inspiring book that will help you to navigate your own breaking points. Her personal story is raw and honest, and her insights are both practical and deeply moving. I highly recommend this book to anyone who is struggling with a difficult time in their life." - Susan Cain, author of Quiet

"The Breaking Point is a must-read for anyone who is feeling lost or overwhelmed. Kristi D. Gustafson offers a compassionate and honest guide to helping you through your own challenging times. This book will help you to understand your emotions, develop a plan for moving forward, and

create a life that is filled with purpose and meaning." - **Gretchen Rubin,**
author of *The Happiness Project*

"Kristi D. Gustafson's book is a lifeline for anyone who is struggling with a breaking point. Her personal story is both heartbreaking and inspiring, and her insights are invaluable. This book will help you to find the strength to keep going, even when you feel like you can't." - **Brene Brown, author of *Daring Greatly***

Buy *The Breaking Point* Today

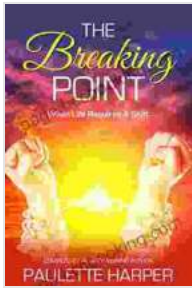
The Breaking Point is available now in paperback, ebook, and audiobook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

About the Author

Kristi D. Gustafson is a writer, speaker, and coach who helps people to find their purpose and create a life that is filled with joy and meaning. She is the author of the bestselling book *The Breaking Point: When Life Requires a Shift*. Kristi lives in Minneapolis, Minnesota, with her husband and two children.

Connect with Kristi D. Gustafson

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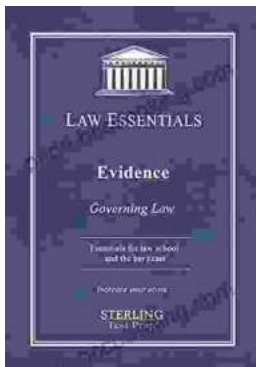


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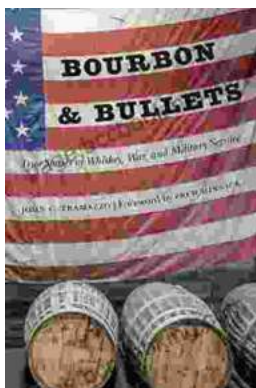
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