

ACCEPTANCE

ACCEPTING THE THINGS THAT LIFE THROWS AT YOU



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Introduction



The world can be rather daunting sometimes. We are constantly facing trials. Difficult situations arise abruptly, and suddenly we feel as though we're fighting for our lives to stay on top of one crisis after another.

These kinds of situations can be exhausting. They can also leave you run down, overwhelmed, anxious, angry, and even depressed. This is especially true when we feel like we're out of control and nothing we can do can improve the situation.

Now imagine facing those same troubles with peace and calm. What if you didn't have to react to every situation? What if you could somehow let life flow over you instead of sweeping you off into the storm?

The idea is to become more accepting of what you're going through. By practicing acceptance, you'll find you no longer must fight so hard. Instead, you learn to live in the moment, facing challenges without flinching. Taking what comes with calm confidence.

How to do this?

In this book, you'll learn about acceptance, what it is and why it's so important. You'll discover circumstances where acceptance will prove to be the most helpful. From there, you'll begin the practical application of acceptance by starting where it's easiest – by accepting those in our lives who are different or even difficult. Then, as you build an open mind, you'll start to learn about accepting change. You'll learn how accepting life's obstacles can guide you to the next step and how accepting your choices prepares you to step forward into the future.

Finally, you'll learn the most important form of acceptance there is. You'll learn to accept yourself for who you are, not as you think you should be.

This is quite the journey! It all begins with an open mind and a desire to learn a better way.

Ready? Let's begin!