



Help and Hope While You're Healing: A woman's guide toward wellness while recovering from injury, surgery, or illness

Christine Carter

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At some point in her life, almost every woman will experience an injury, surgery, or illness, catapulting her into a season of stillness and often painful recovery. Christine's encouraging words and directives guide us in managing the physical pain and emotional struggles of recovery. She inspires with thoughtful and motivating insights from her own experiences, explaining the value of letting go and receiving help--two challenging concepts every woman faces. In coaching us how to honor our healing and pace ourselves with patience and self-love, she gently reminds us that self-worth is not measured by productivity. With Christine's help, we can discover a treasure trove packed with new passion and purpose in the downtime as she points us toward deep meaning and significance--if we are willing to surrender what we must and grab hold of what we can. If you face an upcoming surgery, suffer from chronic illness, or are down for the count with a sudden injury, let Christine walk alongside you. Use this working guide to lead you through transforming exercises offering a new perspective on your recovery--one filled with gratitude, a little bit of fun, and hope through the healing!

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