

About The Book

From Heartbreak to Wholeness helps the reader transform all kinds of loss into a heroic journey to joy. This book is for anyone who has gone through anything--you will be inspired and unafraid of change with Kris holds your hand as you walk along the path she shows you to wholeness.

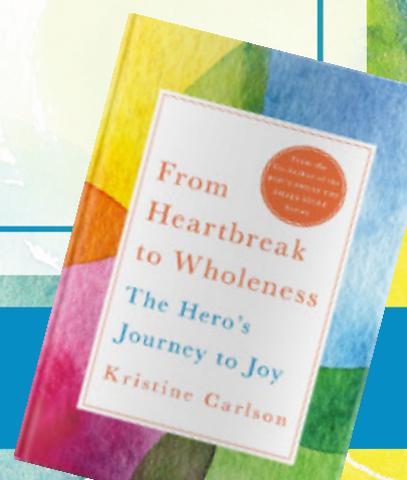
In 2006, after building the bestselling franchise Don't Sweat the Small Stuff with her husband Richard, author Kristine Carlson faced a shattering loss--the sudden death of her beloved spouse. She came to understand intimately how our losses are our defining moments. How we go through them shapes us.

Brought to life through many remarkable stories of loss and recovery, From Heartbreak to Wholeness reveals a universal process of healing that goes far beyond ordinary prescriptions for getting through hard times. Kristine's path offers a life-altering map for navigating the hero's journey from loss to joy--the journey that is meant for nothing less than to awaken you to a deep love affair with life.

Page by page, Kristine will take you by the hand and walk you through the doorway of awakening that loss brings. On the other side of that threshold, the fulfillment of your deepest purpose and most vibrant life awaits you.

Welcome to your new beginning.

www.fromheartbreaktowholeness.com



Potential Interview Questions

- 1: Is this book written primarily for people who are grieving the loss of someone through death or divorce?
- 2: What would you say to the person who is right in the middle of loss at this moment—someone who's suffering right now?
- 3: Your book is about making the hero's journey to joy after heartbreak. What does it take to be the hero in the midst of loss?
- 4: For those who may be reluctant or afraid to open up a book that boldly faces the thing that most of us guard against—heartbreak, what would you want them to know?
- 5: How can a person come back from great pain --- or from feeling completely shattered --- to actually feeling whole again?
- 6: You guide people in your book to share their own heroic story of heartbreak and healing. Why is that so important?
- 7: What's the essential pivot toward healing?

