

Synopsis

Splat is designed to help overcome your circumstances, bounce back and fly to an abundant life, even if things are not going according to plan.

Our open happy hearts can close as some events turn our lives upside down and leave us feeling disappointed, confused, lost, lonely, angry or full of despair.

Using enlightening moments from my journey through depression, I provide Life learnings that had alluded me until my life came crashing down. This book guides you to innovative ways of thinking and new understandings of how life interacts with you including:

- **How to re-establish your foundation**
- **Understanding your energy and how other people influence it**
- **Realising you are not a victim to your circumstances**
- **Getting back your confidence and self esteem**
- **Forgiving you, Life and the catalysts who have caused you pain**
- **An understanding of the Rules of Life**
- **Relearning how to trust and connect to Spirit**
- **Starting your journey towards gratitude, abundance and joy**

It includes exercises to demonstrate and embed these principles helping you to your Life epiphanies. It is a guide to the dispersed Manual of Life by providing other resources to further your understanding of spiritual thinking and practices to help continue your growth.

Primarily, this book is designed to help you understand that you are not alone and that you can change any circumstance in your life. It puts your feet on a new path to mental and emotional health and reminds you that your soul dreams are possible.