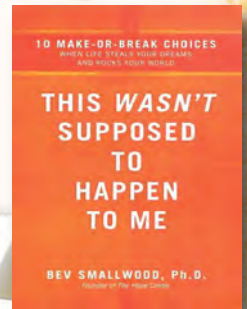


**O**ne day you can be on top of the world; the next day, the world's on top of you.

Your dreams, your plans, your life can be shattered by unwelcome events – the “unexpected unthinkable.” When (not if) this happens, what can you do? Is life over? Or, is it possible to both recover and come out stronger on the other side? *This Wasn't Supposed to Happen to Me* will strengthen, encourage, and equip you to rise above whatever has happened to you and rebuild a life worth living.

This 10-session video learning program, *This Wasn't Supposed to Happen to Me*, is based on the Thomas Nelson book by the same name. Each video features real people talking about their setbacks and tragedies, sharing their stories of struggle, recovery, and beyond. When traumatic situations strike, you feel powerless. An extensive workbook is a tool that makes your learning productive, the process smooth, and the outcomes more powerful.



By reading the book and diligently working through this program, you will learn a powerful secret: you do have life-altering choices in how you respond.

*Dr. Bev Smallwood* - psychologist, speaker, author of the book, and the developer of this video learning program – reveals important insights that enable you to understand what it really takes to successfully make the 10 choices that lead to recovery, strength, and a greater sense of purpose.

- |  |                                      |
|--|--------------------------------------|
| <b>1. Denial vs. Reality</b>               | <b>6. Guilt vs. Self-Forgiveness</b> |
| <b>2. Victimhood vs. 3. Responsibility</b> | <b>7. Isolation vs. Connection</b>   |
| <b>3. Why vs. How</b>                      | <b>8. Depression vs. Grief</b>       |
| <b>4. Doubt vs. Faith</b>                  | <b>9. Avoidance vs. Courage</b>      |
| <b>5. Bitterness vs. Forgiveness</b>       | <b>10. Powerlessness vs. Purpose</b> |

This individual study program is available now for \$99. Would you like to lead a group at your church? Our full Facilitator Kit is also available for pre-publication purchase at a discount. \$199 (regular \$249)  
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