

# You're Gonna Be Okay: A Message of Hope and Healing for Those Who Are Struggling

In her new book, *You're Gonna Be Okay*, renowned therapist and author Elizabeth Lesser offers a message of hope and healing for those who are struggling.



## You're Gonna Be Okay: Truth, Practices, and Encouragement to Give You Hope When You Feel

**Hopeless** by Rev. Susan Eaton

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1512 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 108 pages
Lending	: Enabled



Drawing on her own experiences with loss, grief, and addiction, Lesser shares her insights on how to overcome adversity and find meaning and purpose in life.

Lesser begins the book by acknowledging that life is hard. We all experience pain, loss, and disappointment at some point in our lives. But it is how we respond to these challenges that defines us.

Lesser offers a number of practical tools and strategies for coping with adversity. She encourages us to be kind to ourselves, to forgive ourselves for our mistakes, and to reach out for help when we need it.

She also emphasizes the importance of finding meaning and purpose in our lives. This can be a challenge when we are struggling, but it is essential for our well-being.

Lesser concludes the book with a message of hope. She reminds us that we are all capable of overcoming adversity and that we are never alone.

*You're Gonna Be Okay* is a powerful and inspiring book that offers hope and healing to those who are struggling. Lesser's insights are based on her own experiences, and she writes with compassion and understanding.

If you are struggling with adversity, I encourage you to read *You're Gonna Be Okay*. It may be just the message of hope and healing that you need.

## **About the Author**

Elizabeth Lesser is a renowned therapist and author. She is the co-founder of the Omega Institute, a nonprofit educational center that offers workshops and retreats on spirituality, personal growth, and social change.

Lesser has written several books, including the bestsellers *The Missing Piece* and *Broken Open*. She has also been featured in numerous publications, including *The New York Times*, *The Washington Post*, and *O, The Oprah Magazine*.

## **Praise for *You're Gonna Be Okay***

"*You're Gonna Be Okay* is a powerful and inspiring book that offers hope and healing to those who are struggling. Lesser's insights are based on her own experiences, and she writes with compassion and understanding." —

**Oprah Winfrey**

"Elizabeth Lesser is a wise and compassionate guide who offers a message of hope and healing to those who are struggling. *You're Gonna Be Okay* is a must-read for anyone who is facing adversity." —

**Marianne Williamson**

"*You're Gonna Be Okay* is a beautiful and deeply moving book that will resonate with anyone who has ever experienced pain, loss, or disappointment. Lesser's words are a balm for the soul." —

**Cheryl Strayed**



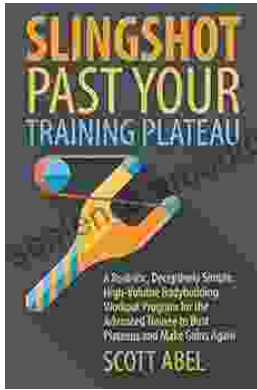
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