

Yes, you will survive the storm!

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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

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**By Caroline Jalango**

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"Things fall apart...the center cannot hold" Chinua Achebe

Perhaps at this point in your life, the above statement temporarily holds true.

What a year it has been! The last few months have been full of both wonderful surprises and shocking events. In spite of the wonderful blessings that you have had, the events that have unfolded in your life have left you stumbling in the dark, unsure of what to do and where to set your feet.

In a short period of time, everything that should not have happened to you has happened. You have been mentally and physically tormented, emotionally battered, and financially drained. Your relationships have suffered and your family life may just be dangling on a delicate string.

All or most of the things that mattered most to you, may have slipped through your fingers as you helplessly watched. To sum it all up, you have had sleepless nights; worry to last a lifetime, stress, anxiety and everything in the book that should be avoided in order to live a healthier and longer life. You have basically been living your worst nightmare.

Now as a new day dawns, the big question in your mind is: Am I going to survive this? Is it going to get better?

The answer to that question is yes...you will survive the storm!

The following are a few tips to help you survive the storm.

1. Do not cry over spilt milk.

There is nothing to be gained by wishing that things had turned out differently. Look forward to the future that lies ahead.

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2. Every cloud has a silver lining.

It may hurt so badly, but there is always sunshine or a clear blue-sky behind that cloud. It will definitely pass!

3. Everything that has a beginning has an end.

There is always a conclusion of the matter and a solution to every problem. It is also evident that every mountain however steep always has a top!

4. Draw strength from within yourself.

You have the power to make the situation bearable by summoning your inner power to help you survive your ordeal.

5. Make plans to build a firmer foundation.

One man built his house upon the sand and the other built his house upon the rock. Guess whose house was washed away when the storm came?

6. Do not make the same mistake twice.

Learn from your calamities. Look for the lesson in your disaster and try to avoid getting the same results by doing things differently.

7. Be a ping-pong ball.

Within you there is a tremendous innate ability to be resilient. Get ready to bounce back because you surely will. It's just a matter of time.

Caroline Jalango is a life coach for unstoppable women who are willing to step up to the plate and take a shot at living exceptional lives wherever they are.

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## **A Strong Anchor**

**By Daniel N. Brown**

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Stories have been told about the only thing that saved the lives of the people aboard a ship in a storm was a strong anchor. But, there are also stories of those who perished when their anchor did not hold.

Luke and the Apostle Paul were aboard a ship that was tossed by a raging storm. Luke writes in Acts

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27:29, about the actions of the crew, "Fearing that we would be dashed against the rocks, they dropped four anchors from the stern and prayed for daylight."

It is written, "The Lord is good, a strong hold in the day of trouble; and He knows them who trust Him." (Nahum 1:7)

What, or who, are you depending on to hold you in your storm? Is it God? Or, is it a particular person? How about money?

If you are a Christian, God is your anchor and salvation can be found in no other. Jesus said, "I do not pray that you take them out of the world, but that you keep them from evil." (John 17:15) This is a promise that God will be our anchor in the storm and that He will keep us in His care.

Ray Boltz is one of my favorite artists, and "The Anchor Holds," is one of my favorite songs by him. It is a great message for those who are in the midst of a storm in their life. If you have never heard this song I encourage you to find a copy and take a listen.

In times of fair weather we have comfort of knowing our anchor is there. But, in the storm, our faith is tested and we must continue to know that our anchor is still there. Sometimes, to remember the strength of our anchor, we need to feel the strength of the storm.

Daniel N. Brown is the publisher of the "Living the Abundant and Prosperous Christian Life" Newsletter. A free weekly publication that teaches how to live the abundant and prosperous Christian life. Receive a free copy of Dan's 14 page report entitled, "5 Biblical Keys to Outrageous Prosperity," when you sign up. [www.secretplaceonline.com](http://www.secretplaceonline.com)

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