



# Letters for Lucia: 8 Principles for Navigating Adversity

*David Brown Jr.*

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## **Letters for Lucia: 8 Principles for Navigating Adversity** David Brown Jr.

A new husband and father, David, finds himself dealing with the largest tragedy of his life, the international abduction of his 11-month old daughter. Rather than being governed by resentment and anger, he begins to see life from a lens of compassion and forgiveness. Reflecting on the experiences of the separation from his daughter, David recognizes that he is in the middle of a spiritual awakening, which birthed 8 principles that allowed him to find peace. Not knowing if he will ever see his daughter again, David writes letters to his daughter sharing the principles, hoping that she practices them as she grows up. He explains to readers how the principles can be applied so they too can find peace in their lives.

Letters for Lucia is a story of love, forgiveness, and healing.

If you are currently dealing with a form of adversity in your life, or are holding on to issues from the past, this book will inspire you to change how you perceive and manage life through your circumstances. In addition to sharing his story, David includes reflection questions which encourage the reader to take their own journey of self-discovery to identify and work through blocks that can prevent peace. His management of the separation from his daughter will provide you with hope, while explaining a set of principles that can change how you manage adversity and interact with people around you each day.

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Precisely why? Because this Letters for Lucia: 8 Principles for Navigating Adversity is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking method. So , still want to hold off having that book? If I had been you I will go to the publication store hurriedly.

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