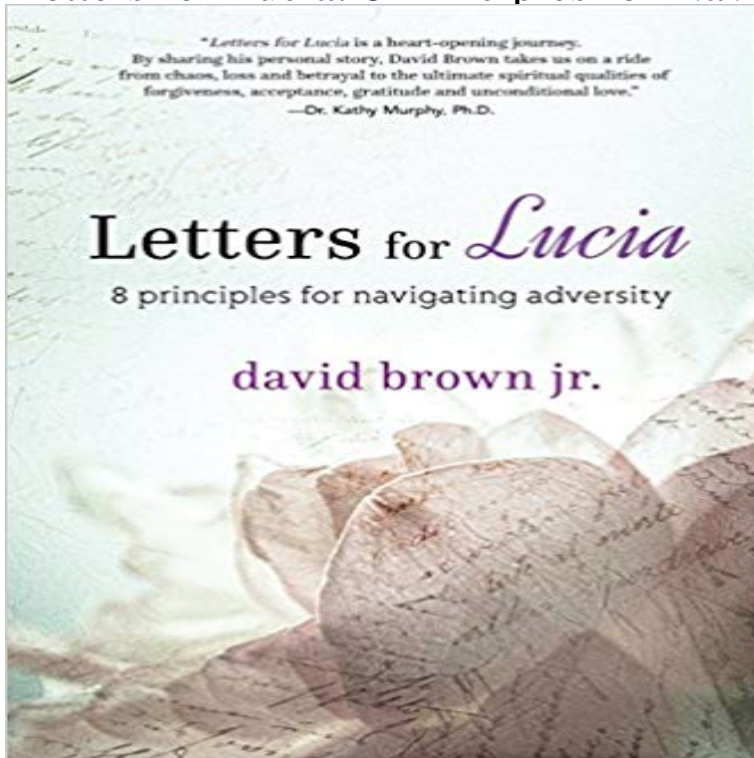


Letters for Lucia: 8 Principles for Navigating Adversity



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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He earned a degree in finance at University of Delaware and an Executive MBA at Villanov **David Brown Jr. Quotes (Author of Letters for Lucia) - Goodreads** Letters for Lucia: 8 Principles for Navigating Adversity e un libro di David Brown JrKoehler Books : acquista su IBS a 10.57! **Letters for Lucia: 8 Principles for Navigating Adversity** The book is about 8 principles that helped me find peace when my 11-month old Letters for Leyla: 8 Principles for Navigating Adversity . weekend I was offered a publishing contract by Koehler Books for Letters for Lucia! **Personal Development - David Brown Jr.** Letters for Lucia has 15 ratings and 10 reviews. Kim said: What do you think of when you think about the worst day of your life? 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A new husband and father, David, **Navigating Adversity - Letters for Lucia with Author David Brown, Jr** Reading my book Letters for Lucia: 8 Principles for Navigating Adversity on Kindle, and reflecting on how the love that I have for my daughter manifested **Letters for Lucia Interview Short - YouTube** Jul 23, 2016: On Forgiveness and Embracing Adversity to Discover Purpose learn how to navigate adversity, discover inner peace and chase their purpose. David came upon and ultimately articulated a series of principles that He published the letters as a book, Letters for Lucia: 8 Principles for Navigating Adversity, : **David Brown Jr: Books, Biography, Blog, Audiobooks** David Brown Jr. is the author of Letters for Lucia: 8 Principles for Navigating Adversity and the creator of the Honor Yourself personal development program. **Letters for Lucia: 8 Principles for Navigating Adversity - David** - Malaysia largest bookstore offering books, magazines, music, CD, Manga and much more.