

Moving Forward From Life's Darkest Hours: A Review



Choosing Hope: Moving Forward from Life's Darkest Hours by Kaitlin Roig-DeBellis

★★★★☆ 4.4 out of 5

Language : English
File size : 844 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages



In her new book, *Moving Forward From Life's Darkest Hours*, author Sarah Jakes Roberts shares her personal journey of overcoming adversity and finding hope and healing. Roberts, who is a pastor, speaker, and the daughter of Bishop T.D. Jakes, has experienced her fair share of challenges in life. She has faced divorce, betrayal, and the loss of loved ones. However, through it all, she has found a way to move forward and find hope.

In this book, Roberts shares her story and offers practical advice on how to overcome adversity. She writes about the importance of forgiveness, self-care, and faith. She also provides encouragement and inspiration for those who are struggling to find their way through dark times.

Roberts' writing is honest and relatable. She doesn't sugarcoat her experiences, but she also doesn't dwell on the negative. Instead, she focuses on the lessons she has learned and the hope she has found. Her writing is sure to resonate with anyone who has ever faced adversity.

One of the things that I appreciate most about this book is that Roberts doesn't offer a one-size-fits-all solution to overcoming adversity. She recognizes that everyone's journey is different. Instead, she provides a variety of tools and resources that readers can use to find their own path to healing.

If you are struggling to overcome adversity, I highly recommend reading *Moving Forward From Life's Darkest Hours*. This book will provide you with the encouragement, inspiration, and practical advice you need to find hope and healing.

Here are some of the key takeaways from the book:

- Forgiveness is essential for moving forward.
- Self-care is not selfish.
- Faith can provide hope and strength in dark times.
- There is always hope, even in the darkest of times.

Moving Forward From Life's Darkest Hours is a powerful and inspiring book that will help you overcome your darkest times and find hope and healing. I highly recommend this book to anyone who is struggling with adversity.

About the Author

Sarah Jakes Roberts is a pastor, speaker, and the daughter of Bishop T.D. Jakes. She is the author of several books, including Moving Forward From Life's Darkest Hours and Woman Evolve. Roberts is a passionate advocate for women and children. She is the founder of the Sarah Jakes Roberts Foundation, which provides support and resources to women and children in need.

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