

# Download Beyond Belief Finding The Strength To Come Back

PUBLISHERS' NOTE. The problem of life beyond death has ever been a most fascinating one from time immemorial. Man has always been intrigued by the question, "What becomes of the Soul after Death?" Today is a very special day for me as I along with millions of survivors celebrate World Heart Day by LIVING and continuing to kick heart disease's ass!!! Heart Disease is the leading cause of death and yet this day will receive so very little media coverage since they are too busy wasting our precious time with bullshit than actually supporting something worthwhile like "Public Health Education". Redated from March 2009. I was a Christian recently enough to remember what it felt like to really believe the Creator of the universe talked to me, to really believe I would go to heaven and unbelievers would go to hell, to really believe that prayer made a difference.. It sure felt like I really believed that stuff. And other Christians tell me they really believe that stuff, too. Mental health encompasses far more than the mere absence of disorders. There are a number of dimensions when it comes to positive mental health, one of which is resilience. Resilience is the process of being able to adapt well and bounce back quickly in times of stress. This stress may manifest as ...