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From Hurt to Happiness: Emotional Rescue from the Ground Up

Mr Mike Van

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Do you struggle in your relationships?
Do your relationships have more hurt than happiness, and you're not sure why
Do you want to find more happiness in your life as a whole?

If you answered "yes" to any of these questions, From Hurt to Happiness is for you. When you meet author Mike Van today, you would never imagine the pain he experienced in his past. From fleeing a war ravaged country as a boy, to years of being bullied and finding himself on the brink of suicide at nineteen, to overcoming the lingering depression that plagued him from childhood.

With heart-wrenching candor, Van shares his many challenges and the path he found to ultimately overcome them. He takes us inside his personal road to rebuilding his inner strength, his identity, and his life. These are trials we all may have experienced in one way or another.

Through relaying his personal strife, Van shares the many pitfalls of relationships and the secrets to their success. In From Hurt to Happiness, he lays out the twenty-five secrets he's learned about connecting with people, how to get others to willingly comply to our needs, and why it can be a struggle being understood and accepted. Van gives readers the secrets that help replace the hurt in our lives and relationships so that happiness and joy can flourish.In From Hurt to Happiness, walks through Mike Van's path to transformation and joy, and gives readers the opportunity to find answers to improving their own relationships – and their life.

Mike Van lives in Sydney, Australia. He hopes to see personal development such as conflict resolution taught in schools and to young adults - equipping our children and future leaders with the necessary tools to make positive differences for generations to come. www.fromhurttohappiness.com

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From reader reviews:

Arnold Williams:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book you read you can spent the entire day to reading a book. The book From Hurt to Happiness: Emotional Rescue from the Ground Up it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book from a smart phone. The price is not to fund but this book features high quality.

Peter Barba:

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love From Hurt to Happiness: Emotional Rescue from the Ground Up, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

Johnnie McCormick:

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