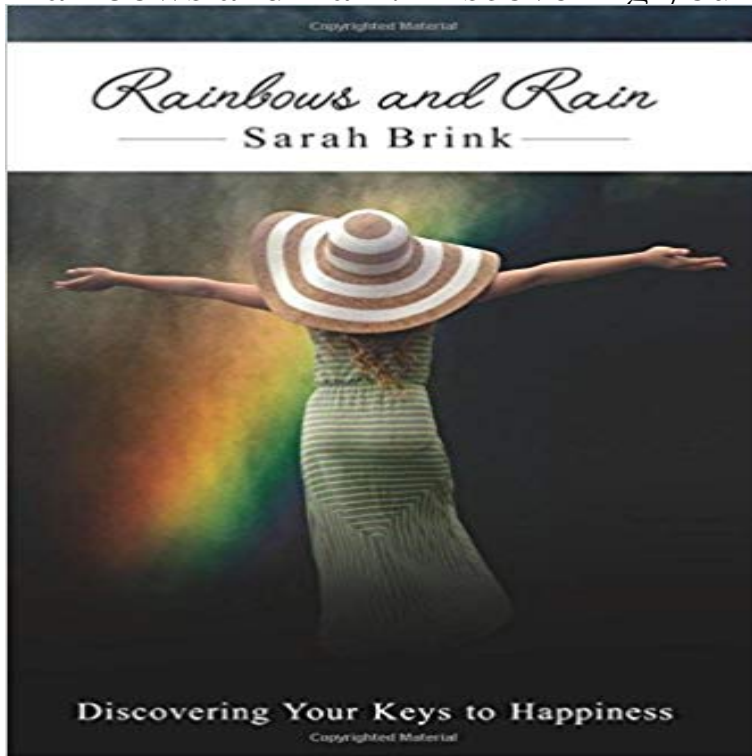


Rainbows and Rain: Discovering your Keys to Happiness



A balanced life doesn't just happen, it has to be pursued! This is the essence throughout Sarah Brink's book, *Rainbows and Rain*. It is an honest recount of how the author endured many bumps in the road before releasing the pain from a troubled childhood through to adulthood, and finding her inner happiness. The intention of this her first book is to explain why our inner child regularly needs a hug, the importance of questioning everything, and how you can take control of your life to discover the real you. While some may regard Sarah's life coaching formula as straightforward - since we live in a culture of self-help - for others it might suggest the creation of expectations that are too difficult to live up to! This book is an invitation to pause, take stock, and start weeding out adverse inferences that have shaped our evaluations of other people and ourselves. We need to stop giving others permission to respond to us with indifference or in any offensive manner. Sarah reminds us that human beings are complex and that there are a bewildering variety of outcomes to our life choices. Through her narrative of personal encounters she guides the reader to a better understanding of how to assess, organize and change this chaotic flow of impressionable experiences so that we can carve reality up into manageable chunks and impose a framework to make alternative forward-looking choices. This book is all about you: High self-esteem is necessary for anyone who has self-improvement as a goal. Emotional directness and expressiveness is encouraged. And according to Sarah Brink, this even includes confronting those emotions that make us feel downright uncomfortable such as fear, shame, distrust, anger and guilt. The Rainbow in Your Rain eases the heavy burden of unrealistic expectation by merging real-life examples with authoritative,

well-researched guidelines to help you achieve a happy, balanced life.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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