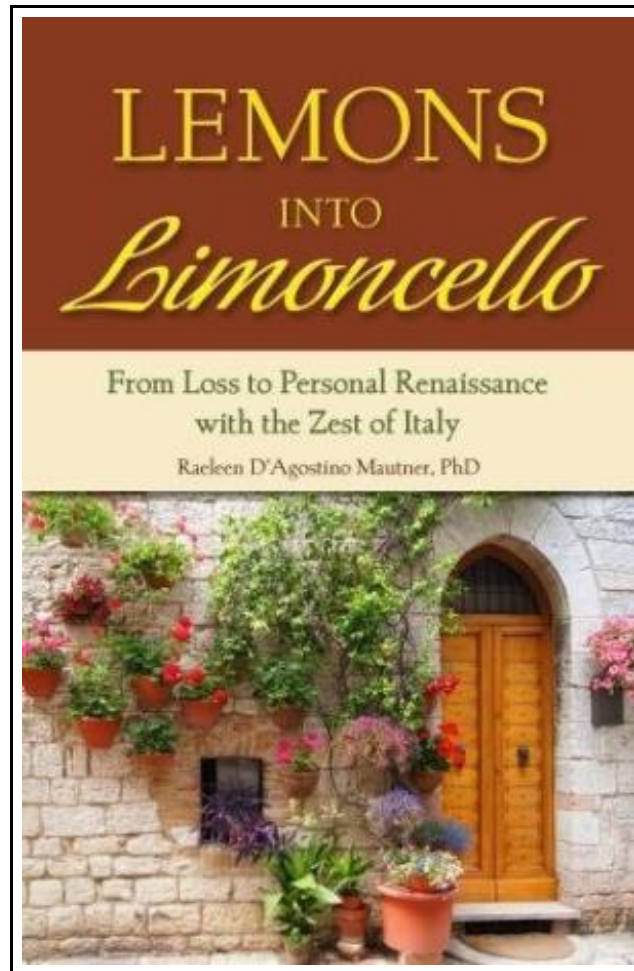


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HEALTH COMMUNICATIONS, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The challenges we face over the course of a lifetime, especially those that involve major personal loss, can seem devastating, as radio personality and self-help specialist Dr. Raeleen D Agostino Mautner discovered when her husband suddenly and unexpectedly died of a heart attack. The Italian rituals and lifestyle habits she grew up with--and later began researching--were instrumental in helping her stay grounded, feel comforted, and be gently redirected to a new path of joy and the next level of her own personal transformation. Lemons Into Limoncello shows readers how to find self-acceptance, comfort, courage, and personal renewal on the heels of adversity--Italian style. At some point in our lives, most of us will experience the kind of personal devastation that accompanies death of a loved one; or the loss of a job, a home, a pet, finances, health, a friendship; or even the loss of one's self-esteem. When in the throes of such challenges it is hard to believe that we will ever enjoy life again, let alone possibly come away with the courage to live the next phase of our lives with deeper appreciation and clarity. Lemons into Limoncello offers a front-row seat to the Italian ability to *arrangiarsi* (get by) through elevating ordinary events to the extraordinary, and is the first self-help book to prescribe a traditional Italian cultural approach as a pathway to one's own personal renaissance at a time when it is most needed.



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