



Restoring My Soul: The Pursuit of Spiritual Resilience

Bill W. Flatt

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Tough times don't last.

Tough people do.

How do you find the heart to go on?

In *Restoring My Soul*, Bill Flatt tells you how hundreds of good people have made it through the difficult times in life - depression, anxiety, low self-esteem, anger, grief, divorce, suicide - by using the three main ingredients of spiritual resilience:

- discipline,
- persistence, and
- faith.

They made it; you can too!

Bill Flatt, Ed.D., is an experienced minister, a licensed counseling psychologist and professor of counseling at Harding graduate School of Religion in Memphis, Tenn. He is also the author of *From Worry to Happiness*, *Building a Healthy Family*, *Since You Asked*, and *Growing Through Grief*.

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