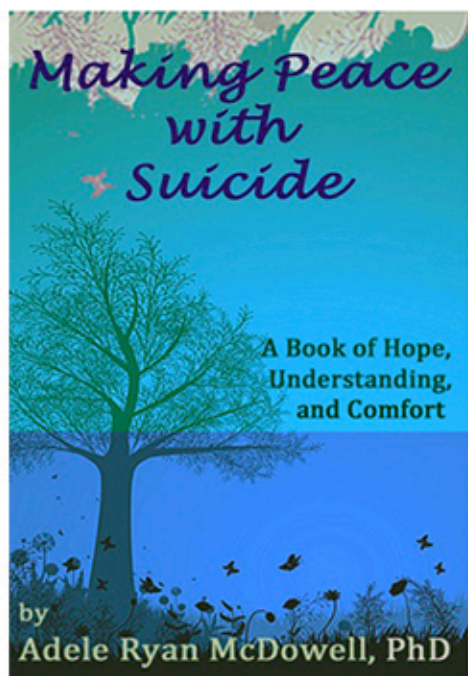


Making Sense of an Upside - Down World

Hope, understanding, and coping strategies for everyone

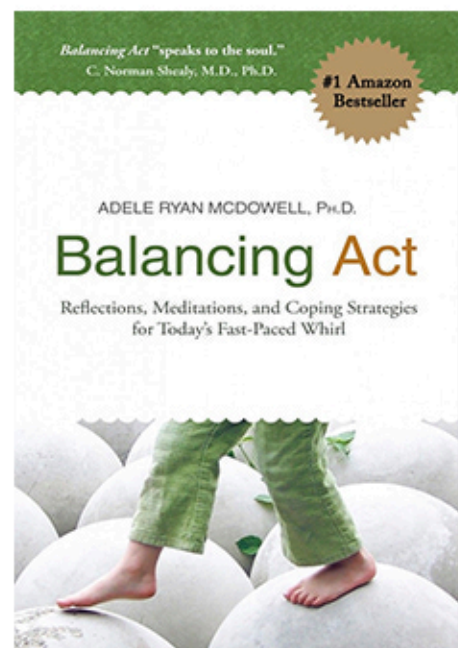


STORY IDEAS

- Five remedies for an emotional hangover
- Are you suffering from spiritual depression?
- Being a parent during dark times
- Grief survival skills to keep you sane
- How to make peace with suicide
- Healing the violent heart
- Lost hope? In a funk? Six Strategies to help you refind your sparkle

*It's hard out there.
You don't have to do it alone.*

SUICIDE DISASTERS VIOLENCE GRIEF PROFOUND LOSSES
BROKEN SPIRITS WOUNDED HEARTS



Adele Ryan McDowell, Ph.D., is a psychologist with 30+ years' experience and responder to trauma and disaster, such as the Newtown shootings, Hurricane Katrina, and 9/11. Adele has been called "a healer of wounded hearts." The suicide of a fellow psychologist expanded Adele's world -- and heart -- even more. The result has been the creation of her new book, *Making Peace with Suicide: A Book of Hope, Understanding, and Comfort* (2014).

Radio:

Living with Hope; Energy Awareness; Keeping Connected; Align, Shine Prosper (Canada); Adventures in Density and Effort; Awake: Now What; Everyday Miracles; Beyond Blind Spots; America's Mindset Mechanic; The Spiritual Workshop (Australia); Maryanne Live; The Butterfly Effect; World Spirituality; Streetwise Spirituality; Rewiring Your Brain; and Cosmic Soup. TV: Nutmeg TV

MORE STORY IDEAS...

- Dealing with the Christmas black and blues
- Six steps to avoid holiday overwhelm
- Empty place at the holiday table? How to fill the hole in your heart
- Five ways to be happier, steadier, and more balanced
- How to find hope in the New Year
- Tales from the front lines: how people have survived a loss by suicide
- Is death the final goodbye? Messages from the Other Side
- Is being sensitive a blessing or a curse?
- The six degrees of separation from suicide How to respond to a death by suicide
- Suicide rates are higher in the spring. What are the warning signs you need to know?
- Is there such a thing as slow suicide? Think substance abuse, eating disorders
- The lessons of betrayal
- The 10 spiritual lessons of relationships
- Five ways to deal with today's chaotic energies
- The toxic residue of childhood shame
- The power of allowing
- 10 everyday healing steps you can take to make you shine
- The hidden message of resentments