



The Breaking Point: A Full-Circle Journey: Living Life Beyond All the Broken Pieces

Michelle Hannah

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Your physical, mental, or emotional strength has given way under stress. The situation is now critical, and you are at a breaking point. It's time to take charge and turn your life around. In *The Breaking Point: A Full-Circle Journey*, author **Michelle Hannah** presents a four-pronged approach to helping you improve your feelings of self-esteem in order to move through difficult life changes.

Breaking Point: A Full-Circle Journey addresses the phases of the four Bs-breakup, breakdown, breakthrough, and breakout-that help you come full circle in the most critical areas of your life, from relationships to health, family, and work. Hannah demonstrates the importance of coming back to your starting point and turning your life around completely. This helps you create conscious choices and enables you to live a deliberate life.

Using examples from her personal journey, Hannah shows how moving through the four Bs will facilitate your understanding of how to live every day beyond the fear, pain, brokenness, and disappointment.

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