



Falling Together: How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart

Donna Cardillo

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There are times in life that shake us to our very foundations. We wish for things to get better, fast. But the truth is that moments of “falling apart” are also our most powerful catalysts for growth and change. In *Falling Together*, Donna Cardillo, a registered nurse, Dr. Oz blogger, and beloved public speaker, reflects on the overwhelming challenges that fall into every life, and the renewal that comes when we are able to meet them with courage. A funny, big-hearted self-help memoir that takes on issues like divorce, caregiving, and burnout—and many women’s biggest enemies of all, fear, insecurity, and self-doubt—*Falling Together* shows how to turn the challenges that threaten to knock us to the ground into the building blocks we need to become more successful, more joyful, and ultimately, more alive.

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