

**HOW TO PULL YOURSELF UP FROM ROCK BOTTOM TO
SUCCESS**

Julia Saenger

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I hit rock bottom after gaining 50 pounds, losing a lucrative job, and watching my marriage The thing is, nobody ever tells you how to deal with extreme failure in life. that I started to wake up from the fog and realize that I had to take back my life. After I gave myself permission to feel and face the pain, I now had to make .

7 Ways to Rebuild Your Life When You've Hit Rock Bottom

Well, very few things change you as much as hitting rock bottom. Instead of feeling sorry for yourself, take the negative stuff that's weighing you It's a chance for you to come up with a new vision for your life and find a new network of people to tap into. Any action you take will either fail or succeed.

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"Rock bottom became the solid foundation on which I rebuilt my life. You need to figure out what brings you down so you can lift yourself up once again.

Feeling sorry for yourself is not going to help anybody including you. I know I sometimes feel like rock bottom seems to get attracted to me more than anyone. It's a chance to come up with a new vision for your life and find a new network of.

If you're feeling like you've finally hit the bottom, don't pity yourself. Instead of feeling sorry for yourself, take the negative sh*t that's weighing.

Related books: [Atom](#), [The Routledge Dictionary of Literary Terms \(Routledge Dictionaries\)](#), [How Can Developing Countries Deal With The Brain Drain: Several Approaches and their Critical Reflection](#), [The New Colossus](#), [David Harvey: A Critical Reader \(Antipode Book Series\)](#), [Clean Eating :Clean Eating Diet Re-charged: Top Clean Eating Recipes & Diet Cookbook To Detox Your Body & Lose Weight Now!](#), [Galdir - Protector of Rome \(Roman Novel\): Roman Empire fiction \(Roman Empire Series Book 3\)](#).

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Ofcourse, it's easy to say that resilience is a choice, but what prevents us from? I created a blog to share my work with whoever felt drawn to read it. I hit rock bottom and I hit it hard.

No one can tell you what kind of life to lead except yourself, and your actions speak for themselves. The fact is that you will not find a single success story, one that you can admire and respect, that doesn't include life-changing adversity.