



When Life Happens: Navigating the Tough Times

Mr Kyama Mugambi

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Everyone likes it when everything in life goes smoothly. I want to keep my job, have a good marriage and be in good health. My dreams and visions of life are an ideal world where everything works and nothing goes wrong. In the real world ? people get laid off and fired from their jobs; people raise children on their own; people close to us do battle with alcohol and drug addiction; good people?s marriages fall apart; people die. When Life Happens is a book of reflections, and contributions from people who have faced these same tough challenges. It is a book to encourage the grief stricken, to teach us to become better carers and to build healthier, more caring communities. In the pages of this book you will find thoughts around loss of jobs, single parenthood, separation in marriage, addictions and bereavement. In each instance the reader will explore some of the feelings people deal with and draw out some practical lessons on how to address the situations.

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