



# **7 EFFECTIVE WAYS TO OVERCOME ADVERSITY**

**SURVIVING STROKE  
LIKE A BOSS!**

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**JASMINE LOH**

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# *7 Effective Ways To Overcome Adversity*

## **Surviving Stroke Like A Boss!**

By Jasmine Loh

<http://blessingsfreely.com>

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### **What Are Subscribers Saying About 7 Effective Ways To Overcome Adversity: Surviving Stroke Like A Boss!**

*“The tips are practical and very relatable. The language is simple and casual. It's like having someone sitting down, talking to you and relating her inspiring story. I identify with Tip #3 a lot. You have to love yourself and invest in your health and well being. Allow yourself to become the best version of you so that you can better take on the world.*

*Jolene, Singapore”*

\*\*\*\*\*

*“Thanks so much Jasmine,  
It has put me in the right track for successful living and truly, I've changed over in a month and I like this changed and like to continue going forward. Yes, your assistance is much appreciated.  
Kind regards*

*Joshs, Australia”*

\*\*\*\*\*

*"You're lovely Jasmine  
I can't tell how amazing I found your contribution to my life building  
Let's keep in touch*

*"Many thanks Jasmine,  
I particularly appreciated the ebook where you described stress  
and its triggers. It was very helpful to me  
I work in a stressful environment and I realize I'm in an urgent  
need to take care of myself accordingly  
Thanks again for your help*

*Salvator, France"*

\*\*\*\*\*

*"I found Tip#5 to be an especially useful reminder for myself when  
I started getting overwhelmed and discouraged by problems faced  
at work and at home.*

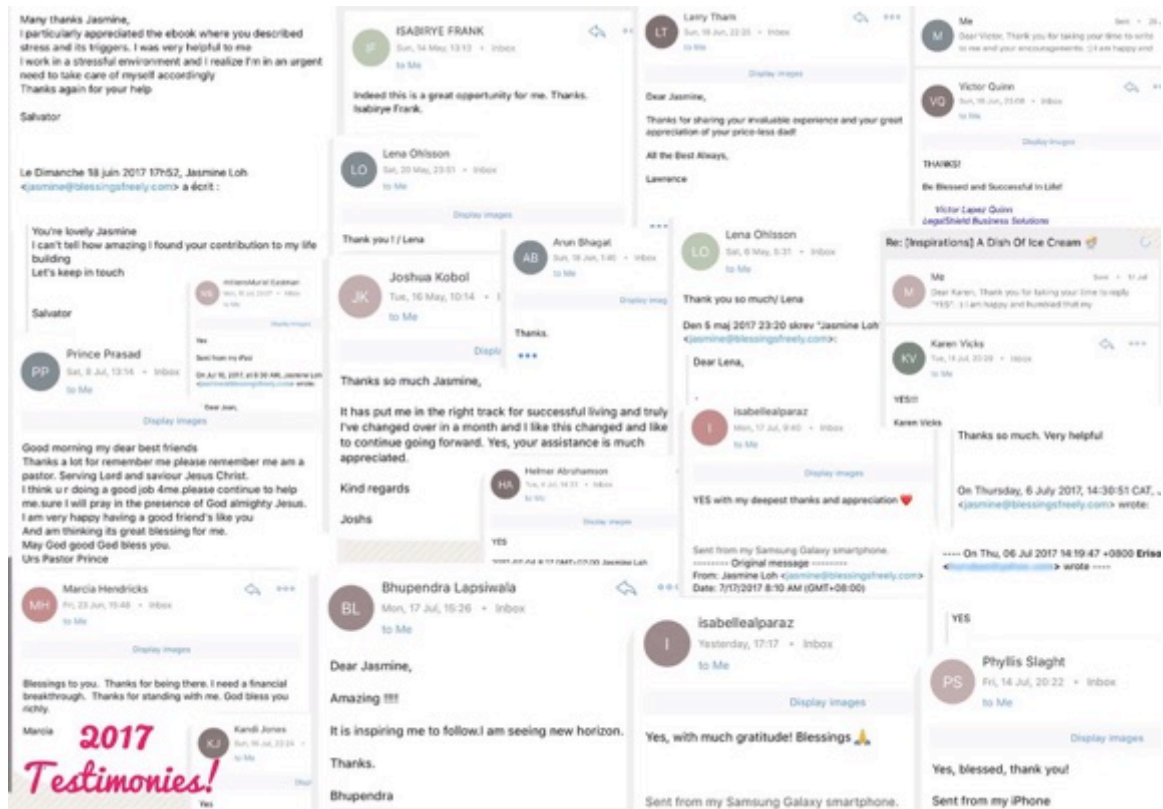
*I especially like this piece of advice: "Do these simple things well  
and use that confidence to fuel you forward. " Definitely going to  
start breaking the tasks down so that I can give myself little pats on  
the back instead of beating myself up when I take up too much in  
one go*

*Sheila, Singapore"*

\*\*\*\*\*

I'm humbled and happy that my email newsletters are having such a positive contribution to my subscribers within 3 months of this eBook's first launch.

This is a sample of collage screenshots created in July:



Replies with "YES" were from subscribers letting me know that they had benefitted from a particular email. Thank you all for taking your precious time to write back! :)

I love receiving these gratitude emails as it spurs me on to find better resources and share my experiences with my valued subscribers and people like you. :)

## **LEGAL NOTICE**

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Let's play our part to save Mother Earth. ☺

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## **ACKNOWLEDGEMENTS**

This eBook would not have been possible without the kind blessings in my life:

Vincent Loh & Julia Lee – My wonderful parents who have been so supportive of me during my journey and brought me up to what I am now. With them, the world has 1 more positive person (a.k.a. me ☺). Love u Dydy & Mimi. \*muacks\* ☺

Benedict Goh – My loving husband for his unconditional love and support during these trying times. He spent 14 uncomfortable nights sleeping in the hospital's waiting area while I was in intensive care unit (ICU) fighting for my life and another 7 days shuttling from the hospital when I was out of the perilous ICU to his work areas and home. It was extremely tiring for you, but yet you did it without any complaints.



101 Powerful Affirmations – Shun-Jian and the Angels for providing so many solid and powerful affirmations via the Facebook page community with 268k fans. Seeing your posts in my newsfeed had given me timely reminders to adjust my mindset for the better.

Blessings Freely – A Facebook page community with the aim to share blessings of encouragement to the 30k fans via positive and inspiring quotes. It started when my friend, Larry (a.k.a. Cempaka). He would periodically whatsapp me festive greetings, along with some meaningful quotes. Most of these quotes are his impressive original works and words of wisdom that he would create in his spare time when resting at home. At that time I was also actively involved with few other Facebook groups that believe in bringing more hope, joy and love into the world and Larry likes the idea of it, especially since after having the mild stroke, he was feeling lost and lonely.

We then decided to start Blessings Freely Facebook page for Larry to share positive and inspiring quotes (which we affectionately refer to as “blessings”) to the world as both us strongly believe to “be grateful of our blessings and it’s always a blessing to be able to bless others”.

And most importantly, YOU... Yes! You, for downloading “7 Effective Ways To Overcome Adversity : Surviving Stroke Like A Boss!” Because you are committed to your own success, I'm ready to add massive value to your success as long as you promise to take action after reading my book.

## **FOREWORD**

Greetings my lovelies ☺

My name is Jasmine Loh, the author of "7 Effective Ways to Overcome Adversity: Surviving Stroke like a Boss!"

Firstly I would like to congratulate you for downloading this eBook. I believe you are ready to better yourself and step forward to take charge of your life. Thank you for taking this all-important step for your change.

I have learnt to enjoy every occasion and appreciate its meaning much more, ever since a near-death event struck me 2 years ago...

I suffered a stroke caused by a massive brain hemorrhage from the rupture of 2 cerebral / brain aneurysms in my left internal carotid artery and underwent 2 risky brain surgeries.

Statistics and facts from Brain Aneurysm Foundation (established in Boston) website:

- Ruptured brain aneurysms are fatal in about 40% of cases. Of those who survive, about 66% suffer some permanent neurological deficit.
- Approximately 15% of patients with aneurysmal subarachnoid hemorrhage (SAH) die before reaching the hospital. Most of the deaths from subarachnoid hemorrhage are due to rapid and massive brain injury from the initial

bleeding which is not correctable by medical and surgical interventions.

- 4 out of 7 people who recover from a ruptured brain aneurysm will have disabilities.

It is indeed very fortunate for me that I survived the 1 out of 3 fatality statistics in Singapore from this type of this stroke ordeal after spending 14 days in ICU and was discharged 21 days later, after making good recovery. I emerged triumphant with almost 50 stiches and 2 titanium clips permanently in my brain.

Although there was loss in certain fine motor skills, slight slur in vocalization, sudden mind blanks, headaches, lower metabolism rate and being easily fatigued, I managed to return to the work force and am now adapting to daily livelihood duties well enough.

I would like to share with you what I have gone through and how I had survived stroke like a boss with these 7 effective ways to overcome adversity in the later sections of the eBook.

## **THE FATEFUL DAY THAT TURNED MY LIFE UPSIDEDOWN**

On 12 February 2015, just barely 1 week before the Lunar New Year celebration, I collapsed during a work meeting, and was subsequently sent to the nearest hospital's A&E department.

I still remember that afternoon vividly; I was out for lunch at a nearby coffeeshop with a fellow colleague and lunch "kaki", HM just before she left for her afternoon off.

We had olive fried rice at a Thai stall, and was eating and chatting while waiting for our ordered drinks to be brought over. Suddenly, my vision became engulfed in bright white light, HM's voice tapered off, the hot and noisy coffeeshop became silent and white for several seconds (I think). Slowly the image of the coffeeshop environment, HM, my plate of olive fried rice formed back and came into focus, and the noise gradually returned back to the normal loudness. I didn't know what happened. At this point, my coffee was served. I lifted up the cup, took a sip, tasted the bitter black coffee and felt the hot temperature on my lips and tongue. I also noticed that HM was looking at me, as I had seemed lost to oblivion.

I muttered, "I don't know what happened, but I seemed to have symptoms of stroke...."

HM stared and replied slowly, "Can't be right?"

“I don’t know... I’m puzzled too, but I can move my hands, I can feel the hot coffee, I can taste the bitterness...” I trailed off and switched topic to work stuff as I dismissed my initial thoughts as me being overly sensitive, or maybe just the hot weather.

After our meal, she went off while I made my way back to the office. During this time, I could feel a headache building up at the back of my head near the neck area and it felt uncomfortable. I texted my husband, Benedict, just before I reached office that I feel a bad headache coming up.

When I reached back to the comfort of my cool office cubicle, my senior section manager came over and requested me to attend a last minute meeting on some work issues as I may have information that they need. I agreed and took my bottle of water over to the Director’s office and realized I was the only engineer in the room with my immediate manager, his peers and senior management.

The meeting went on with some heavy topics that required immediate attention, but I wasn’t able to focus on the meeting agenda as the headache built up intensively. My bottle of water was soon depleting as I was drinking from it every few minutes to cool down and hopefully ease the throbbing headache that I thought was due to the hot weather. I was feeling increasingly uncomfortable.

About 20 minutes later, after a sip of water, when I tilt my head forward, I felt a sudden wave of nausea and weakness. I raised my hand up, it caught the attention of the senior manager, and I said, “I’m sorry, I don’t feel good” and started to throw up on the spot before I could finish my sentence. A wastepaper bin was placed in front of me and I hugged onto it tightly as I “merlion-ed” out the olive fried rice, my breakfast, stomach acid fluids, till nothing was left to throw up, but yet I was still retching air. I don’t know when the wastepaper bin was changed, as at one point I opened my teary eyes and saw a new empty bin in my face. I had begun to lose track of time.

I started to not able to feel my feet, suspected that this was not right and quickly told the senior manager to call my husband, Ben. Fortunately I managed to recall out his number from my memory, before I started to retch again and lose sense of what was going on around me.

From this point onwards, my cognitive, time awareness and hearing were starting to fail as I seem to be losing consciousness (seeing black and unable to hear clearly unless I make an effort to), I could recall bits and pieces such as:  
Feeling loss of sensation to my limbs slowly, up to the lower back spinal cord.

HR was called, I remembered opening my eyes and seeing a wheelchair that my HR colleague brought up and she asked me if I could walk, I could barely talk, but managed to shake my head before I start to see black again.

Next moment, someone in uniform was assisting me up from the chair; it was not the security guards... <Black>....

The office environment was moving; I saw faces of my colleagues looking on, ok so I'm on wheeled stretcher... So, the uniformed people are the paramedics... <Black>....

I was out of the office level, I was at the car park area, and I thought I saw the rear of an ambulance <Black>...

"Mdm, can you hear me?" said a voice; I opened my eyes and saw the inside of an ambulance. I nodded. "Can you tell me your name?" I struggled to speak, but I couldn't move, I couldn't talk... <Black>...

"Mdm, we are in the hospital... Doc, we suspect stroke..." said the voice; I opened my eyes and see us moving through what looked like the waiting area of the A&E, I couldn't hear the rest before I blacked out again....

"Mdm, do you know where you are?" I struggled to nod, not sure if I did manage to nod but I believed I opened my eyes as I do remember seeing a white coat with a front pocket.

"Mdm, I need to do some scans, but are you pregnant?" I struggled to shake my head, but I can't shake, I can't speak and then I blacked out again....

The next scene I could remember was somewhere in the hospital's treatment room as I felt a sharp pain around my lower body, I suspected that was the time when they had to insert a needle into my bladder to draw some urine for pregnancy test before they could proceed on to do brain scans.

I blacked out once more, and for a long time.

## **WHEN ICU DOES NOT MEAN I SEE YOU**

Dreams, I had lots of dreams during this long period of black outs and my stay in the ICU. I suspected that was how my brain perceived things that happened as I lost consciousness due to the bleeding in the brain onset the stroke, when I was drifting in and out of my sedated sleep and when my brain was recovering from the ordeal.

The first 4hr+ surgery was performed on the same night to drill a few holes into my scalp and insert stents to drain off the excess fluids from my swollen head before it became fatal.

I regained consciousness the next day in ICU, but was practically drifting in and out of sleep the whole time. According to my family, I responded to my name when the nurse called me in the morning, but I had no recollection of it. I do remember that in the evening, I woke up but was unable to move as I was bound to the bed and hooked up to many monitoring equipment machines beeping in the background, I was lying inclined as some stent tubes were draining the excess bloody fluids from my brain. I was unable to speak and swallow properly due to the respirator breathing tube in my airway and mouth, which was very, very uncomfortable that it made me nauseous.



bring down my temperature before the second surgery 3 days later.

The next few days were a mish mash of dreams and reality as I drifted in and out of consciousness fighting of anesthesia and having my sensations numbed by morphine. I struggled to reconcile what was real and what was not and what had happened... Every time I was awake and see someone, I would ask him or her for the date and time before drifting off again.

I remembered seeing faces of friends and relatives who came by to visit during the first few days. I learnt later on that there were some who came almost every day to give moral support to my family during this hard and trying times. When I was awake and saw someone I know, I would want to talk. Each time someone tried to talk to me, I would attempt to respond, but the respirator was in my way, affecting my speech, so I tried to write my thoughts out, which turned out to be messy illegible scribbling on paper. This made me very frustrated and my readings would shoot up dangerously leading to a potential rupture of the remaining aneurysm. The NNI (National Neuroscience Institute) medical team had to lightly sedate to keep me drowsy so I could sleep the nausea away while maintaining my current “safe and stable” readings, in preparation for the big surgery on 16<sup>th</sup> February, Monday morning.

As my brain aneurysms were more complicated, with 2 aneurysms on the same blood vessel, (Endovascular) coiling via a catheter is not possible.

The more invasive and higher-risk clipping of aneurysms, that holds a 15% mortality rate during the surgery itself, is my only surgical option.

My family told me that I had to go through another surgery to fix things up permanently and I should rest more.

There was once I woke up, asked my family what date it was and if the surgery was done, they shook their heads and I drifted back to sleep feeling tired as I thought that I had fought off the red dragon (in my dreams I was always fighting a red dragon, in the medieval ages).

On Monday morning, while being wheeled in for the 2<sup>nd</sup> brain surgery in a semi-conscious state, I heard my family (I think it was my sister's voice) saying, "See you later", I managed to give them the thumbs up! 👍😄

The surgery was supposed to take 5-6 hours, but instead I underwent almost 9hrs of grueling open craniotomy surgery (whereby the surgeon removes a bone flap) to clip the burst aneurysms. Greatly blessed, highly favored and deeply loved, the operation was a success! 😊

I only regained consciousness the next day after the 2<sup>nd</sup> brain surgery. At that point of time, I couldn't move much and the medical team noticed a weakness on my left side of the body, suggesting possibility of a partial paralysis.

According to the neurosurgeons, the next 7-day period were critical and they were monitoring me closely for seizures, I cannot afford to have seizures as that will be life threatening. They were also monitoring that bag of bloody liquid that was being drained off from my brain as it would indicate if I might need a 3<sup>rd</sup> surgery to internalize a tube from my brain into my stomach to manually drain out excess the fluids from my brain.

2 days later on the eve of Lunar New Year, 18 February, my family received good news from the medical team. They were moving me to 'high dependency ward' within the ICU, I was still clearly not out of danger yet, but it was a sign that I was on the road to recovery. 😊



Jessica Lim  
18 February 2015

Jas, this flower arrangements is specially for you.. Hope you love it. Wish you 早日康复。 Be Strong!  
ps: sorry, my skill of arrangng flowers is not so good.

My favorite sunnies from Jessica posted on FB. A sweet gesture!

I was still feeling very tired and groggy from the medication pumped intravenously and was sleeping most of the time to get rid of the feeling of sedation. I was also irritable as I remember that most mornings when I was still in the midst of my dreams, someone would be tapping my cheeks and asking me, “Jasmine, what is your full name and what is your IC number?” In the beginning, I would just mumble the information quickly so they would leave me alone and I could carry on sleeping. As the days go by, I got sassy and I remembered once saying, “You are already calling me by my name, so you should know my number, why are you asking me again?” I think the nurse had a pleasant shock at the way I could quip back. Yep... I’m definitely feisty.

The day I fully woke up in the high dependency ward was something that I could never forget. Thinking back now, it was actually quite comical.

I was having the dreams again and apparently I wasn't bound to the bed as I remember pulling out something from my nose, it was slight ticklish but a comfortable feeling as my nose slowly felt unobstructed. Suddenly in the background I heard a voice screaming, “No you can't remove that!” Immediately I felt a pair of strong hands pinning my shoulders down and another hand grasping my right wrist while forcefully pushing back the feeding tube down my nose. I gagged and started to wake up as I felt something coming out my mouth. “Ah!!! No, the tube's in the wrong position, its in the mouth”, screamed the other voice. The tube was removed again and inserted back through my nose properly the second time.

That was when I was fully awake and roared (in my dreams I was a warrior fighting a red dragon remember?), “WTF are you doing?” I opened my eyes and saw 2 nurses taken aback at the rage of a bald stroke patient lying in bed with tubes still attached to her head.

It was at that point I became fully aware that I was in reality, and was actually being very rude to someone who was just doing her job. I composed myself, calmed down while still coughing from the fiasco. “You were pulling out your feeding tube... The doctors said that you are not supposed to be off that”, stammered one of the nurses.

I coughed, “Have you ever questioned the doctors that they might not be right?” Then I chuckled to myself, as I remembered this was one of the things I would be telling my technician colleagues at work to do; Never blindly follow instructions, but question the engineers if they find that some things could be done better. I noticed the quizzical stares from both nurses as they went off to report the incident.

Ever since I was transferred to the high dependency ward, the medical team reduced my sedation; my dreams have lesser appearance of the red dragon or white sandy places, but are more life-like. I could be dreaming that I was in Japan and met my aunt there (probably she was visiting that day while I was sleeping), or that I had just won a drag race with a nurse competing in the race too, or that I could be relaxing in one of those old colonial resort

houses watching the ceiling fan turn above me... Whatever the dream was, I could still hear the surroundings of the ICU clearly when my glass door is opened by the medical team checking on me or when visitors come; Like the chanting of priests down the corridor meant for another critically injured patient, or the hurried footsteps of people getting tasks done. But something that was unexplained is that every night between 2 to 4am, I would wake up crying. I would press the assist button to activate the night nurse and would ask the nurse to call my husband.

Ben had been “camping” in the ICU lobby’s waiting area ever since I was admitted. Over the days, thoughtful friends had brought him a sleeping bag, inflatable travel pillow, some amenities and snacks to make his camp out in the lobby more bearable. I remember almost every night, between 2 to 4am, my husband with the inflatable pillow around his neck, would come into the room after being called by the nurse, hold my hand while I seek comfort in his presence and feeling his warm touch on my hand as I drift back to sleep. This happened daily while I was still within the ICU area. Such dedication from my loving husband! 😊

Since I was starting to be more in reality now than in a dreamy state despite sleeping a lot, I requested Ben to ask the neurosurgeon on duty that day if I could be discharged. My tired and unshaven husband looked at me in disbelief... here was his wife, lying in bed with needles still on her body, tubes still attached to her scalp draining off the less bloody fluids and still hardly able to move, asking for the moon. He shook his head, but I insisted.

To pacify me, he went out to get the neurosurgeon in and repeated my request to him.

“Out of the question!” was the reply from the neurosurgeon and he carried on to explain my condition, etc.... but apparently, according to Ben, I shot the doctor a death stare, silently marking him down and turned away to continue sleeping as I wasn’t interested in listening to the reasoning any more since my request was declined.

Good news! On 19 February, the medical team allowed me to start taking soups. Hooray! I am on the road to recovery!

Every morning, the medical team led by neurosurgeons would make their rounds. Now that I am no longer sedated, I don’t get tapped on the cheeks to say my name and IC number... But instead the doctor would come in and ask me to raise my left arm, right arm, left leg, right leg, finger, etc. to check my movement and coordination of the limbs. Remember the neurosurgeon that declined my request to be discharged earlier? Unfortunately for him, he came to me in an extremely early round one day and woke me up while I was still sleeping, and I can get very grumpy when woken up abruptly.

“Jasmine, good morning!” said the bright and cheery doc, “Raise your left hand... Raise your right hand!” Groggily I opened my eyes, looked towards the voice, and raised my left hand followed by my right. “Good! Raise your left leg... Raise your right leg!” continued the doc. I struggled but managed to lift my left leg followed by my right. I was pissed at being woken up so early,

especially from someone that I had “marked” and was determined to shut him up. “Good! Now show me one finger, show me 2 fingers!” the doc smiled and raised his index finger followed by making a ‘V - Victory sign’.

“How about I show you the 3<sup>rd</sup> finger?” I retorted. The smile vanished, and so did the doc. Finally some peace for me, I turned away and continue sleeping. Ok, I’m definitely starting to recover and gaining back my feistiness...

On 22 February, the doctors gave another piece of awesome news! I was officially off the darn food drip tube and upgraded from liquid diet to semi solids / soft foods. Finally I could start to eat food like porridge, mashed potato, purée.


My good friend, Alyssa was delighted. She and her hubby WJ were visiting me almost every day since I was admitted (though I wasn’t aware then), to give moral support to Ben and sometimes they would drag him out for a proper meal before driving him back to the hospital. That day when she heard the news that I was on liquid diet, she went back home and cooked nourishing soup for me as she deemed hospital soups to be unappetizing. She was so tired out shuttling between work and hospital visits that she passed out one time at home. She came less often knowing that I was out of the critical zone, but without fail, her nourishing soups and porridge with dried scallops, and other yummilicious Chinese recipe soups made many of the nurses green with envy as they would coincidentally gather at my bed to “inspect and wow” at the various thermos flasks of goodness when WJ brought them over without fail to me in the mornings.

In the evenings, Alyssa and WJ would gather around me with Ben, joking and encouraging us. Such precious friendships! 😊

Over the next few days, my condition continued to stabilize and some monitoring equipment and tubes were slowly removed from my body.

That was when I would start to receive cooked food and soups from visiting friends, colleagues and relatives, for both me and my family. Oh the love we were blessed with was just so warm and fuzzy. 😊

25 February was a milestone in my recovery! The NNI team was satisfied that my brain was able to drain off the fluids in my brain sufficiently and I don't need the 3<sup>rd</sup> surgery. They ordered the last stent tube attached to my head (from the first op to relieve the fluid pressure in her head and drain it away into the bag) to be removed and the hole was stitched up. I was able to sit up now, although was only for 10 minutes before I got too tired and needed to lie down to rest. But all these improvements meant that I might be moved to a general ward soon. Yippee!!!

**Jimmy Lee** God is Faithful!!!! Jasmine be strong in the Lord remember the acronyms JASMINE J-Jesus A - always S-saves M-me I-in N-normal E-emergency I use the word 'Normal Emergency' because With man this is impossible, but with GOD All things are possible Matthew 19:26, Luke 1:37 to the only wise God be glory forever through Jesus Christ! Amen!!!!!! Romans 16:27  
26 February 2015 at 11:50 · Like ·  1

Wise words from my uncle Jimmy, who visited me in ICU almost every day in the early morning, before he went out to drive his taxi for the day. In moments of my dreams, I do remember seeing his face whispering words of encouragement to me. I could only nod in response and sometimes I managed to address him.

## **STEP BY STEP, HEART TO HEART, TO THE GENERAL WARD**

I was transferred to the general ward the next day, 26 February. I asked a clinical nurse assigned to me what would be my next course forward now that I was out of ICU and in the green as she gave me a bunch of forms to sign including a form to state I cannot drive till I am recertified. I remembered her reply very distinctively.

Depending on the assessment of the occupational therapists and physiotherapy department, my options would be:

- 1) Be admitted into a rehabilitation hospital to work on my strength and movement coordination.
- 2) Be discharged home if I am able to move on my own.

I was shocked to learn that there was a chance I was not going home after the general ward, and was determined to be discharged after the doctors clear me.

Over the next few days in the general ward, in the mornings and afternoons, I had physiotherapy sessions almost every single day. The first session was a young occupational therapist that assisted me to sit on a supported chair (in case I fell over due to lack of balance and strength) and she was accessing the conditions of my limbs. After being bedridden for 2 weeks, my muscles had shrunk considerably and I had actually dropped 10kg in weight. I remembered her half squatting in front of me asking me to kick her hands. I was bemused and joked, "I'm sure you don't mean that right?" After she was satisfied that my legs are still functional, but

just weak, she helped me up and practiced walking few steps with me, before letting me walk on my own for about 10 paces. Phew! I never knew walking was so tiring. I practically sweated and had to catch my breath while resting in the chair. I was still wheelchair bound for the first 2 days, but the good news was that I could start to use the bathrooms instead of the pee pan. What a great feeling that was! 😊

After the second session of physiotherapy, I was able to walk slowly with assistance, and I challenged myself the 2<sup>nd</sup> night to walk slowly with the night nurse assistance when I needed a bathroom trip. The subsequent sessions focused on my balance and coordination. After resting 3 nights in a general ward. I am sharp cognitively (I could scold people, but with a slight slur) and had made unassisted trips to the bathrooms on my own. Probably my balance still needed some improving, as I nearly fell once while in the bathroom, scaring the accompanying nurse and myself, fortunately I managed to grab the support rail in the cubicle and only sustained a bruise bump. But people who know me would also know that balance isn't my strength to begin with. 😅

During visiting hours, especially in the evenings, I have lovely friends, colleagues, relatives and my family who would bring me yummy foods. I would request for coffee ice cream / gelato when asked as I missed my coffee badly and the coffee in the hospital was bad.

I was recovering very well, according to the doc who did my first brain surgery. He said that I'd "survived an atomic bomb".

On 01 March, I was touched to tears when Ben added me into the closed FB group "Jasmine Update" to show me what actually happened while I was sleeping. He must have felt I was strong enough to cry 100ml of tears while resting in a normal ward.



The first post I made to all our concerned relatives and friends in the FB closed group 'Jasmine Update'. PS: anybody wanna design my next lady boss style with the bad ass stitches?

During the next few days, I looked forward to the visiting hours, especially in the evenings. I could walk slowly out of the general ward and explore the eateries within the hospital with groups of friends who came, and we would chat about my recovery and made a guess at my discharge date.

The NNI doctors made their rounds on 3<sup>rd</sup> March, spoke to me twice today and words out to the nurses that I may be discharged for home (rehabilitation hospital not needed) within the next 2 days as I had aced the tests by the occupational therapists, including a “safety” awareness test whereby I was walked out of the hospital building, crossed 2 roads within the compound and I could find my way back, crossing roads safely with the therapist in tow.

Yippee! 😊

27 Feb 2015



Almost 50 stitches after 2 brain surgeries to remember by

Finally! The date was 04 March, the 15<sup>th</sup> day of the Lunar New Year; I was discharged from the hospital, and in time to go home and celebrate the Lunar New Year with a home-cooked dinner with my family. 😊😊😊

## **MOVING FORWARD SLOWLY BUT SURELY**

To recall, it is indeed very fortunate for me to have survived the 1 out of 3 fatality statistics of this stroke ordeal after spending 14 days in ICU and was discharged 21 days later, after making good recovery. I emerged triumphant with almost 50 stitches and 2 titanium clips permanently in my brain. Although there was a loss in certain fine motor skill, slight slur in vocalization, sudden mind blanks, headaches, lower metabolism rate and being easily fatigued, I managed to return to the work force and am now adapting to daily livelihood duties well enough.

I would like to share with you what I have gone through and how I had survived stroke like a boss with these 7 effective ways to overcome adversity in the later sections of the eBook.

I used to enjoy outdoor activities like rock climbing and trekking. Given that hypertension and stroke is very common in my family, it is more important to me that I eat wisely and exercise. But I may have neglected my mental health aspect unknowingly. Due to the nature of my corporate profession, I was conditioned to be a perfectionist to the point of being very "yim jim" (dialect verb, meaning very particular and careful/stingy) about executing tasks. I did not realize that all these nitpicking are actually very stressful to my mental health.



Goal: To build back my stamina and scale Mount Kinabalu again.

I am sure we are aware that with the hustle and bustle of daily life, work stress, and the many temptations to draw us away from having good quality sleep, our body is slowly becoming a ticking time bomb.

We need to be cautious about the food we eat and things we do. Eating in moderation, regular exercise and being grateful to the things we have will be a good start.

Mindset is also very important. There were days when I felt useless and frustrated with myself, and dark periods when I nearly slipped into depression. This happened especially after I went back to my job when the stress level piqued about 6 months and I had trouble coping, as well as the period when I had to come to terms with living without a stable income after I quit my corporate job of 19 years. Fortunately, my mindset was strong and I saw

only success in recovery, getting my life back on track and to be patient about it.



Enjoying the sunset on a kelong in Kukup, Malaysia

Now I have learnt to take things easy. I started practicing [yoga](#) to help relax and loosen those joints as I slowly rebuild and regain my stamina. After the 2<sup>nd</sup> year of recovery, I began going to the gym to build up my strength and recondition my muscle groups. I hope I can resume trekking soon. I have learnt to be more lenient on myself too. There's no need to be cross at others or yourself. Simply take a step back to laugh at mistakes made and learn from it.

One of my favorite lines is "There is always 2 sides to a story and it is up to you to look at the bright side, or the brighter side." :)

Wishing everyone here a healthy body and happy mind.



Happy Family! ☺

Cheers!  
Jasmine Loh  
March 2017

## **TYPES OF ADVERSITY**

What is an adversity? According to dictionary.com, adversity is “an adverse or unfavorable fortune or fate; a condition marked by misfortune, calamity, or distress”.

Adversity comes in many different forms, and with each type of adversity are the few possible difficulties you might face, such as:

- Physical adversity – most common form of physical adversity is a disability resulting in total loss or impaired function of part of the body. There are also less serious form of physical adversities like fatigue, chronic pain or the inability to perform certain tasks.

Though there was an initial fear that I might be paralyzed on the left side of the body, I am fortunate that I had managed to retrain myself and regained most of my body functions except for fine motor skills impaired and slight slurring in my speech. These can be frustrating as I tend to drop stuff like pens, coins and I sometimes have to repeat my words enunciating them slowly to get my sentence across.

The other physical adversity I faced was being easily fatigued coupled with loss of stamina. I have to sleep a minimum of 8 hours in order to function properly the next day and my stamina had dropped to 20% during the first year. I pant and get out of

breath easily when I climb the stairs, yet prior to the stroke I had scaled Mount Kinabalu twice.

- Mental / emotional adversity – mental health issues can be treated by going to the doctor or psychiatrist. Medication might be provided to help you keep calm besides counselling. Emotional adversity commonly appears in the form of inadequacy or lack, such as lack of confidence, undervaluing ourselves and thinking that we are not good enough. Rage is also another form of emotional adversity that can suddenly overwhelm us and affect our decisions.

There were dark periods for me when I would find myself crying for no reason and feeling a sense of loss because of memory lapses and the inability to handle stress as well as before. I returned back to workforce after resting for 3 months after the stroke and was struggling to adapt to the demands of my job for 1 year. I felt really inadequate then. Ben suggested that I quit my job and work from home using my skillset at a more relaxed pace as he is worried that I might have a relapse if I continue to work at the same hectic demands of the job scope. It was a very, very dark time for me as I nearly slipped into depression and wanted to give up all.

- Financial adversity – this can occur in the case of a huge loss of income or investment that results in not being able to afford a certain lifestyle.

*“You can, you should, and if you’re brave enough to start, you will.*

*~ Stephen King”*

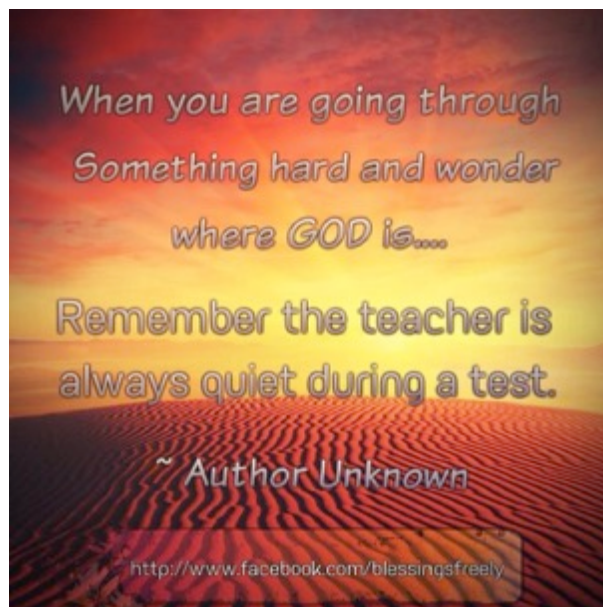
When I finally found the courage to quit my corporate job of 19 years, the first 6 months were much tougher than I had anticipated. You might think that working from home is a dream come true for many. What is so tough about it? Oh my... you have no idea. I had a pretty comfortable steady income in my last profession. To suddenly quit and face unstable income of 20~50% of my last drawn pay, took a big hit on my own self-esteem. I could no longer indulge in my hobbies and travels like before. Moreover we had just shifted into a new estate then and have to take care of a dog and a cat, on top of the new housing loan. I felt very useless and helpless as I cannot contribute to the household as much as I would have liked to and practically cried every day.



## **7 EFFECTIVE WAYS TO OVERCOME ADVERSITY**

Our troubles don't define us. However, the way we handle them does.

You are stronger than you think. After experiencing an adverse event, you will be at a crossroad. You can either view it as a blessing or allow your past to control you for the rest of your life.



There have been 3 major phases (crossroads) of my life.

- a) Life as a student,
- b) Career choice made which I had dedicated 19 wonderful years
- c) Surviving stroke and the choice to be self-employed

Surviving stroke and embracing self employment the past 2 years was by far the most difficult phase of my life; I could have just given it all up and wallow in self-pity. But I did not, and I would like to share with you 7 Effective Ways I had practised to overcome this adversity:

- #1. Have the right mindset**
- #2. Be with positive people**
- #3. Invest in yourself**
- #4. Have faith**
- #5. Focus**
- #6. Count your victories**
- #7. Write**

## **#1 Have The Right Mindset**

Having the right mindset is the most important trait to get out of any adversity. I cannot emphasize how much this can make or break you regardless of good or bad times. Sometimes life can just throw you under a bus and things can spin out of control. You must learn and not be limited by current “life experiences”. Believe that you are strong and anything is possible as long as you are willing to persevere.

*“It is our choices...that show what we truly are, far more than our abilities.*

*~ J.K. Rowling”*

Your thoughts define you. It is normal to feel helplessness in times of adversity and some may experience it much more than others. By making it a priority to accept the adversity sooner rather than feeling the “it’s not fair” or “why me” bitterness, you will waste less time feeling helpless and stuck.

Be kind to yourself, cut yourself some slack in the beginning and allow yourself permission to feel negative emotions for say 15 minutes of quiet time crying, but when the time is up, divert your attention to completing a task. This form of distraction is useful as you slowly come to terms with the adversity and learn to move on.



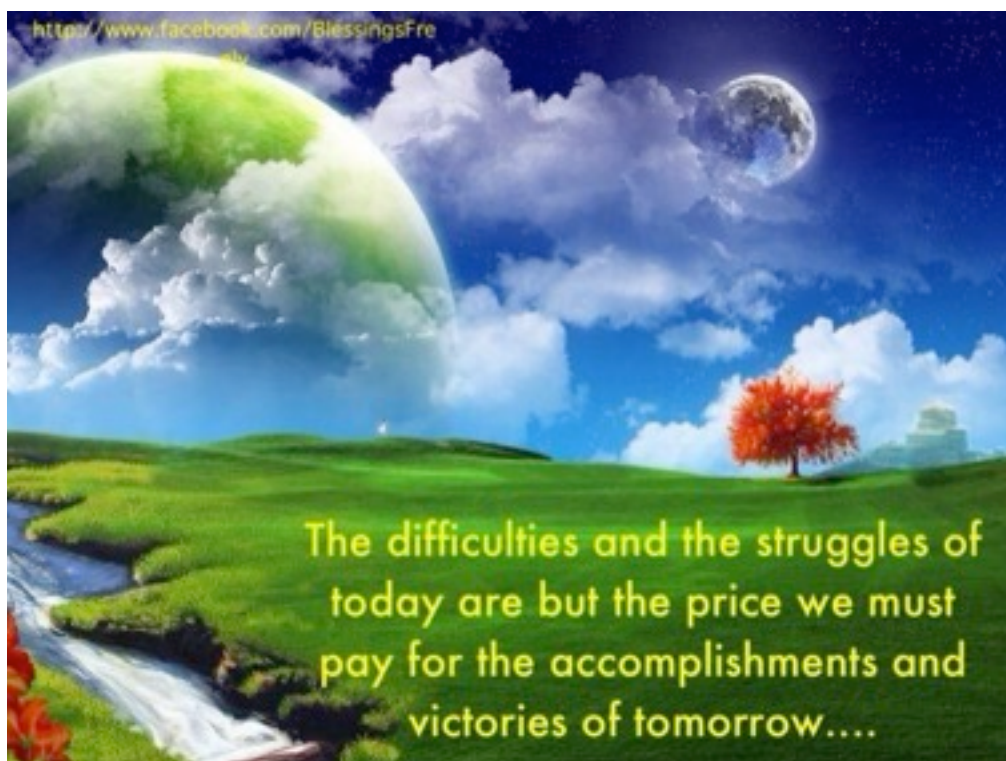
Stop making excuses to deceive yourself that you are frightened to face the future. Remember that whatever you tell yourself, your mind will perceive it to be true and it can become a self-fulfilling prophecy. Acknowledge the fact that what does not kill you will eventually make you stronger. Reframe your mind to see obstacles as learning opportunities. A positive mindset is crucial to overcome difficult times and make you more resilient.

*“Whatever your 100% looks like, give it.  
~ Lance Armstrong”*

Focus on the positive. No matter how dire the situation may seem to be, there will always be a positive aspect of it. Practise gratitude by making a list of all of the good things in your life, or the good things you can look forward to, and you will be surprised that there is much more happy stuff to look forward to. Take baby steps, one step at a time, no matter how small it is. You will find yourself slowly moving towards the positive light.

Go to the library and borrow some self-help books. Find a mentor if possible, to coach you, strengthen your mindset, and correct your attitude and perception. I read a book titled “The Secret” a few years ago, but when I picked it up once more to read it, I was blown away by it again, “Choose your thoughts carefully... you are a masterpiece of your life” “Your thoughts cause your feelings” “Whatever it is you are feeling is a perfect reflection of what is in the process of becoming” I MUST change my thoughts and mindset.

Flood your social media with positive and inspirational quotes, like those from 101 Powerful Affirmations or Blessings Freely.



Everyone will experience adversity at some point in life, but you can overcome it with the right attitude and some hard work.

*“If you quit once it becomes a habit. Never quit!”  
~ Michael Jordan”*

## **#2 Be With Positive People**

Positive people emit a very attractive vibe around them; they have a ready smile and you will feel naturally uplifted and happy when you spend time with them. Negative people on the other hand, seems to have a sort of gloom cloud hanging above them; they will drain you of your energy and sap away your joy within minutes. Be selective with the people you are with as they will affect your mood and your outlook unknowingly.

*“Only enemies speak the truth; friends and lovers lie endlessly,  
caught in the web of duty.*

*~ Stephen King”*

When you are in a vulnerable and emotional state of mind, it is all the more important to surround yourself with positive people who are encouraging and supportive. Motivational speaker Jim Rohn famously said that we are the average of the five people we spend the most time with. We are greatly influenced by those closest to us, it affects your way of thinking, your self-esteem, and your decisions.

I have an ex-colleague who is super negative, she would always be complaining about how life is so hard and how the boss or colleagues are unfair towards her. When she walks into the office, you can almost feel her air of gloom, and it is very draining to chat with her even if it was for just few minutes.



On the other hand, I have another friend who is very patient. When she sees me struggling with tasks that I used to have no issues with, she would help me promptly, smile and encourage me with words like "It's ok, you are getting better at it already". That really warms me up and I feel more confident that I am coping better.

Hence it is especially crucial to surround yourself with positive people who are accepting of your flaws, mistakes, and imperfections. With their help and support, it is much easier to accept yourself and move forward towards the light.

### **#3 Invest In Yourself**

Start investing in yourself generously. There is no greater investment than the investing in your own health (physical resilience) and your own personal development (mental resilience).

*“Everybody has talent, but ability takes hard work.*

*~ Michael Jordan”*

Go for rehabilitation sessions diligently to recover from physical adversities. Treat your body well and take good care of yourself. Eat a well-balanced diet, start to incorporate an exercise regime within your own capabilities and get good quality sleep.

Eating wisely and starting a light exercise regime was my way of overcoming my physical limitations. I started by signing up for [yoga](#) classes, taking 15 minute walks daily to stretch and strengthen the weakened muscles after being confined to the bed for almost 3 weeks, I also got getting a gym membership and hired a personal trainer to coach me build up my muscles more so that I could walk with more stability.

*“Pain is temporary. Quitting lasts forever.*

*~ Lance Armstrong”*



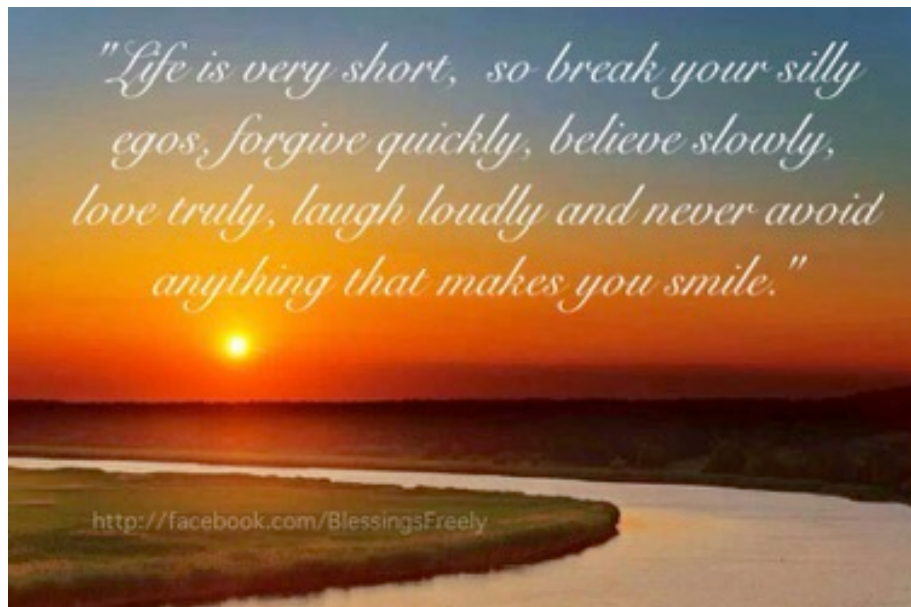
Experiencing adversity can be a perfect excuse for you to not take charge of your own life. All of us face adversity one way or another, but what makes one person succeed is how they handle their situation. Many of us bow down to such challenges and let it defeat us. The next step you need to do is to focus on [developing yourself into a stronger and wiser person](#), learn from the challenges, and develop your internal world with the right mindset (refer to #1).

*“Never say never, because limits, like fears, are often just an illusion.*

*~ Michael Jordan”*

Seeking professional help is crucial to get your mental and emotional health on track. You can still combine it with other techniques such as meditation (by focusing on one object at a time to clear your mind of clutter) and other mindfulness techniques (including sharing sessions in a workshop) to keep calm. Self-help books and positive inspirational quotes are also a good source of fuel. Personally, I have invested over a couple of grand on professional advices, attending personal development seminars and [webinars](#), besides investing my time in reading self-help books borrowed from the library.

Remember that every emotion, no matter how overwhelming, can be tamed.




## **#4 Have Faith**

Have faith that there is always a solution to any problem. Trust in yourself that things will turn out right eventually, especially since you have started to embark on the first 3 ways of having the right mindset, surrounding yourself with positive people and investing in yourself.

During my stay in the hospital, my family started a Facebook closed group for ease of updating everyone on my condition. I was very touched to know that I have lovely friends and relatives who had faith that everything was going to be alright. Some of them had even started collective prayers (regardless of religion) twice a day for my family.

 Thanks for adding me buddy Benedict Goh. I know it's a very difficult time for u and family. Be strong! And rest assured jasmine is in our daily prayers. God will heal her. So, take away all ur worries and leave it to Him. And furthermore, jasmine is a very positive and strong willed lady, she will definitely fight this!  
14 February 2015 at 10:01 · Like · 3

 15 February 2015 · Kampong Ubi  
Dear All, let's start a daily collective prayer for Jasmine. Prayer is very powerful. It doesn't matter what your faith is. We just need to take 3 to 5 min, at a same time, everyday, say 7am or 9pm, when we are more likely to be home. We just need to quiet our mind, then focus our mind on her and pray for her. In your own way, in your own words. Collective prayer is very powerful. Please join me everyday at 7am and 9pm.

 15 February 2015  
Jasmine's operation is tomorrow(Monday) morning at 8.30am. Let's keep her in our continuous prayers n thoughts especially for tonight and tomorrow.

 Ben thanks for the update. Jas is a fighter she is going to make it .. Pis do take care of yourself too. She has our blessing  
16 February 2015 at 18:33 · Like

 16 February 2015 · Bukit Merah Estate  
Dear All, please continue with the collective prayer as Jasmine goes through her operation this morning since 8.30am. 🙏

 All the support & good energy are supporting Jasmine.  
16 February 2015 at 08:59 · Edited · Like · 2  
 Help us to tell her that all of us are with her and we cant wait for her to recover.  
16 February 2015 at 08:59 · Like · 1

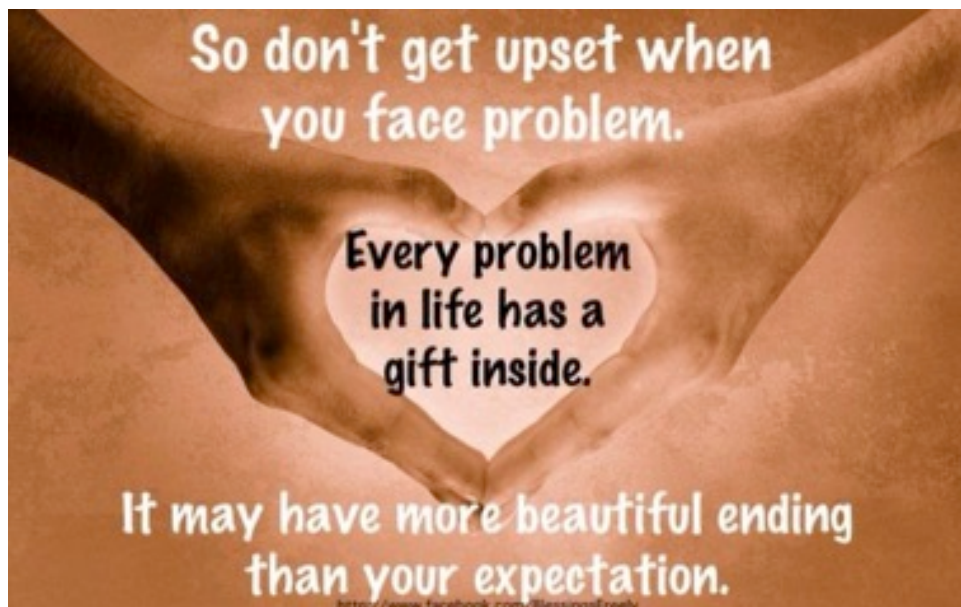
 Pis tell her tt friends in NBSS are all waiting to see her sweet smie real soon.  
16 February 2015 at 09:02 · Like · 1

 They wheeled her in already and didn't get to tell her. But she gave the thumbs up. 🙌  
16 February 2015 at 09:30 · Like · 5

*“Just trust that everything is unfolding the way it is supposed to.  
Don’t resist. Surrender to what it is, let go of what it was, and have  
faith in what it will be.*

*~ Sonia Ricotti”*

Take the leap of faith and start now. As Teddy Roosevelt said,  
“The best thing you can do is the right thing, the next best thing is  
the wrong thing, and the worst thing you can do is nothing.”



Fear and faith cannot coexist, you can either live in fear, or live in faith. Fear will attempt to immobilize you, while faith will energize you. You can choose to fear that things can go wrong, or you can choose to have faith that the situation will improve if you start to take baby steps towards your goal.

*“The scariest moment is always just before you start. After that  
things can only get better.”*

*- Stephen King*

The beautiful thing is that when you have made up your mind to overcome the fear, you will naturally overcome the adversity.

*“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default.*

*~ J.K. Rowling”*

Remember that your best ally to overcoming adversity is you yourself. You are stronger and more resilient than you think you are.

*“I’ve failed over and over and over again in my life and that is why I succeed.*

*~ Michael Jordan”*

## **#5 Focus**

Simplify life. Start with the simple things first and do that well. For instance gripping a cup steadily and drinking from it. Reading a segment of a self-help book. Do these simple things well and use that confidence to fuel you forward. Learn to differentiate between what is important and what is not important, and tend to those that is important first, instead of being overwhelmed and stressed out with those that can be attended to at a later time. Know what you are capable of and focus on what you know and how you can do it.

Focus on what can go right.

No matter where you are right now. You can turn things around fast and achieve your dreams.

When you had already set your goal and vision, focus on them. Dissect your goals into smaller manageable chunks and focus on those one at a time, checking them off your list and relish in these achievements to boost your confidence. Focusing on smaller goals also makes setbacks easier to manage and seem less daunting. For instance, failing sprint 500m does not seem as bad as failing to run 10km.

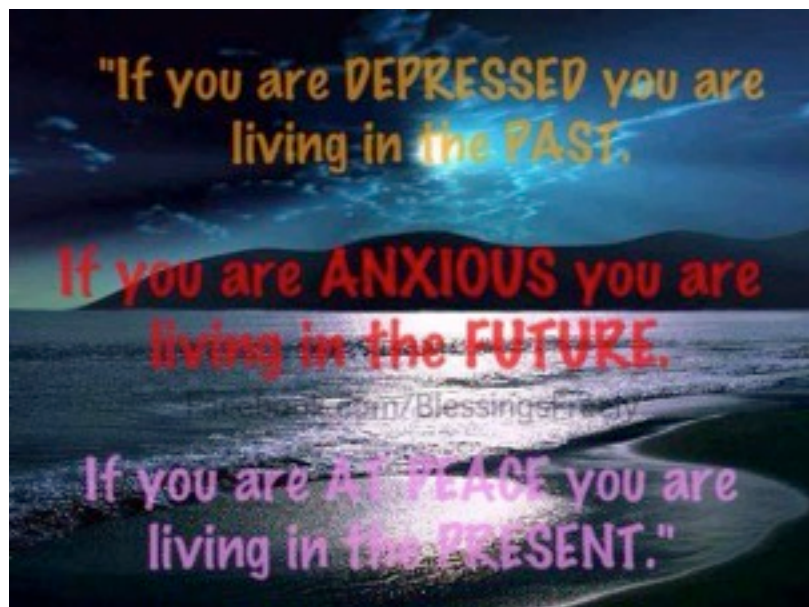
*“You can, you should, and if you’re brave enough to start, you will.”*

*- Stephen King*

I love this acronym of FOCUS:

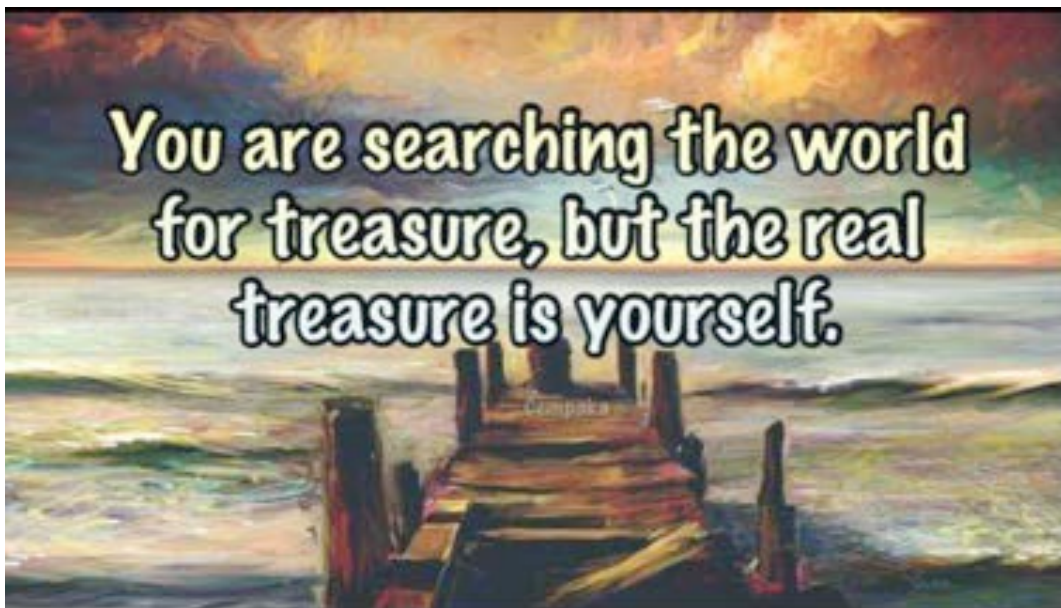
**F**ollow  
**O**ne  
**C**ourse  
**U**ntil  
**S**uccessful

I was determined to be able to brisk walk for at least 15 minutes to build up some strength before I return back to workforce. But the first week when I was discharged from hospital, I could only walk slowly. However, I was focused on my goal, and made it a point to take strolls every evening, I took longer strolls to make up for the lack of speed. In 6 weeks' time, my strolling pace had quickened and I had learnt to use the staircases instead of taking the lift when crossing pedestrian bridges. This had slowly built up my endurance and stamina to the point that I am able to brisk walk for 15 minutes before needing to take a rest.



## **#6 Count Your Victories**

With every successful obstacles overcome, every [goal](#) that you accomplish, acknowledge them and let them strengthen you. Victories could be as simple as getting through the morning happily, climbing a flight of steps with ease, attending a self-help focus group, or even cheering up your mate. **Keep a numbered list** of all these successful items that you have accomplished. It is not silly to **indulge in them no matter big or small, as these can fuel you to greater victories.**



Reframe your mind to see obstacles as learning opportunities that will strengthen and empower you on your journey to overcome the adversity. You must realize that **every obstacle is there to make you stronger once you have overcome it and make it into your victory.**



This is the hollow part of my skull whereby a small piece skull bone had been removed during the surgery, and finally the skin had formed over leaving a little dent as a “souvenir” to remember.

Part of my jaw muscles was severed during the surgery incision at the left temple. The doctors said that I probably would have a smaller bite area now and my speech could be permanently slurred because of the restricted jaw movement. I refused to acknowledge that and began to exercise and stretch my jaw slowly day by day, chewing on my food much more times than usual, till I could almost reach my previous bite size. I started training my finger grip tighter, by grasping on smaller objects repeatedly and squeezing stress balls. This helped to improve my fingers dexterity, definitely not back to the previous level yet, but there are less dropping of cups.

*“I can accept failure, everyone fails at something.*

*But I can't accept not trying.*

*~ Michael Jordan”*



This victory jump picture (the awesome sunset is featured as this book's cover) taken with Ben in Malaysia, Jan 2016, celebrates my 2<sup>nd</sup> flight 10 months after the surgery. The pressure during landing and take off was still very uncomfortable for me, but I overcame it again!

Could you count how many of these small victories I have achieved above? 😊

## **#7 WRITE**

You will be amazed how writing can help you overcome adversity. I get a soothing feeling and sense of calmness when I write down my thoughts. For starters, keeping a diary is an awesome way to express yourself and let you understand your current situation better as you come to terms with it. It also makes you calmer (like a philosopher 😊) when you start to write down your feelings and thoughts and emotions that come to your mind.

“Writing isn’t about making money, getting famous, getting dates, getting laid, or making friends.

In the end, it’s about enriching the lives of those who will read your work, and enriching your own life, as well.

~ Stephen King”

Keeping a gratitude journal is also an awesome idea. Writing down what you are thankful for helps you to retrain your mind to focus on the positives which is a very important fuel for you to keep going. When you feel discouraged, take out your gratitude journal and read through what you had written, and this could be the light for you when the days are dark.

Did you know that you have a much better chance of achieving your [goals](#) by simply writing them down? Studies have shown that the simple act of taking the time to write out your goals will dramatically increase the likelihood of achieving those goals!



You will be surprised how much you have grown wiser in thinking when you review and reflect back on it, years later. Who knows you might be inspired to share your journey with others to inspire and encourage them, that you might start to write an actual book? This has in fact prompted me to share my post-stroke life journey 2 years later, after accepting the situation and coming out of it stronger and more resilient.

*"The knowledge that you have emerged wiser and stronger from setbacks means that you are, ever after, secure in your ability to survive.*

*~ J.K. Rowling"*

## **LAUGHTER IS THE BEST MEDICINE**

Overcoming adversity is the stuff champions are made of.

By having the right mindset, surrounding yourself with positive people, investing in yourself, having faith, focusing, counting your victories, and writing a gratitude journal log are effective ways for you to overcome anything that life has to throw at you.

*“We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better.*

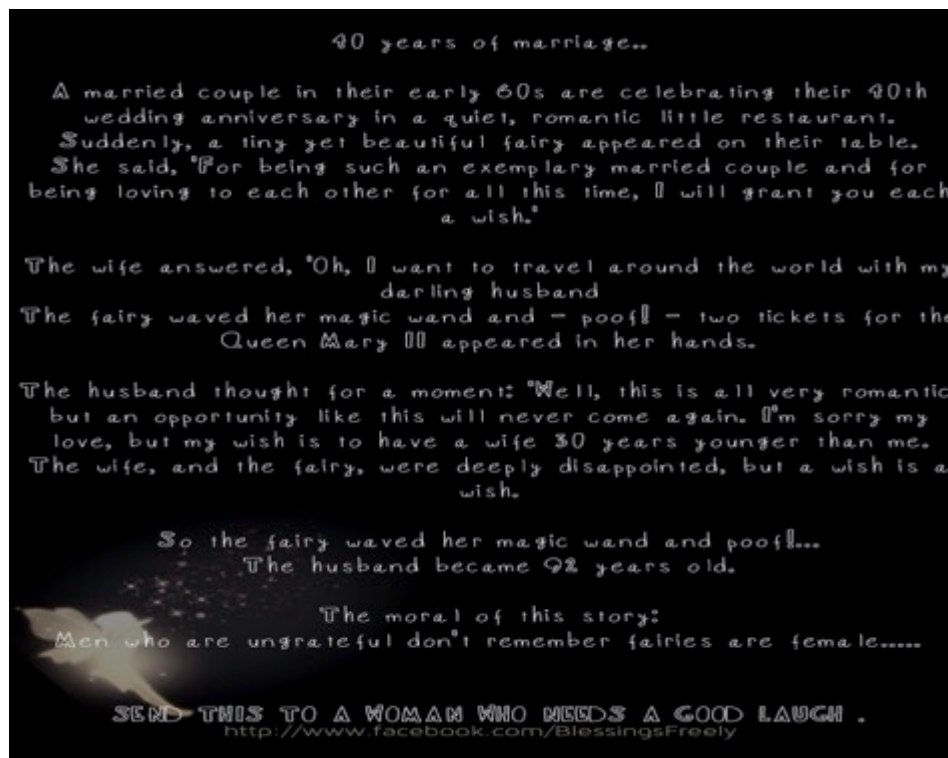
*~ J.K. Rowling”*

Be more lenient on yourself, there's no need to be cross at others or yourself. Simply take a step back to laugh at mistakes made and learn from it.

*“Just because I can't do it today, doesn't mean that I'm not gonna do it someday.*

*~ Arthur Boorman”*

Let me end this sharing with a light-hearted chuckle:



## **EPILOGUE**

I hope that you have enjoyed reading about my journey and the 7 Effective Ways to Overcome Adversity: Surviving Stroke Like a Boss!

You don't necessarily have to follow exactly my methods as long as you remember that strong mindset training, perseverance and knowledge is essential to your success.

Personally I've invested over a couple of grand on professional advices, development seminars / webinars, read books and scoured the internet on relevant topics that contributed to my victories and shared the knowledge with others to see them reaping the results they want happily.

With that, I'll leave you to explore the resources on the following pages. Hope you enjoyed this eBook & here's wishing you success in your path to a healthy body and happy mind! ☺

If you know of anyone who will benefit from this, please let them know that they can claim their FREE personal copy of 7 Effective Ways to Overcome Adversity: Surviving Stroke Like a Boss! eBook (worth US\$47) at: <http://blessingsfreely.com>

In the next pages, I will be sharing some resources on specific areas that you may find useful. As I always believe in investing in myself be it for education, wellness, personal development, lifestyle, or business. It is my kind intention to share interesting and effective resources with you, as I believe that it could be beneficial for you as well.

## **RESOURCES**

### **For Health and Wellness:**

[Kris Fondran's Shapeshifter Yoga Program](http://blessingsfreely.com/eb3ref/Ssyoga) that reduces stress, aches, pains stiffness as well as burns away fat, sculpts and tone entire body.

<http://blessingsfreely.com/eb3ref/Ssyoga>



[Natural Healing](http://blessingsfreely.com/eb3ref/PureNaturalHealing) with an ancient Chinese remedy.

<http://blessingsfreely.com/eb3ref/PureNaturalHealing>



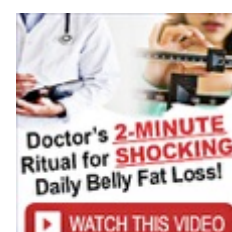
[The Diabetes Loophole](http://blessingsfreely.com/eb3ref/diabetesloophole) covers about how Type 2 diabetes can be reversed in this interesting video.

<http://blessingsfreely.com/eb3ref/diabetesloophole>



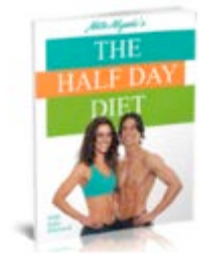
[Shed those belly fats](http://blessingsfreely.com/eb3ref/leanbellybreakthrough) with a 2-minute ritual daily towards a better health.

<http://blessingsfreely.com/eb3ref/leanbellybreakthrough>



[Diet for only half a day](http://blessingsfreely.com/eb3ref/HalfDayDiet), and eat glorious dinner for better health.

<http://blessingsfreely.com/eb3ref/HalfDayDiet>



### **For Relationships well-being:**

[A comprehensive step-by-step Conversation Chemistry System](http://blessingsfreely.com/eb3ref/MYSConversationChemistry)

where you'll discover how to use it to create, escalate and maintain attraction and unstoppable sexual chemistry with any man or woman you desire.

<http://blessingsfreely.com/eb3ref/MYSConversationChemistry>

[Save The Marriage](http://blessingsfreely.com/eb3ref/SaveTheMarriage) – 4 Simple Steps to give you a path that you must follow if you want to change the destiny of a marriage in trouble.

<http://blessingsfreely.com/eb3ref/SaveTheMarriage>

### **For Mindset and Life Mastery:**

[FREE 60-second quiz to find out if you have a millionaire's brain.](http://blessingsfreely.com/eb3ref/TotalMoneyMagnetismQuiz)

And receive your FREE report from Dr. Steve G. Jones revealing whether there is wealth in your future.

<http://blessingsfreely.com/eb3ref/TotalMoneyMagnetismQuiz>

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7 Effective Ways To Overcome Adversity: Surviving Stroke Like A Boss!

[6 FREE full length subliminal mp3s from Abundant Mind](#) - the largest collection of subliminal visualization videos on the internet.

<http://blessingsfreely.com/eb3ref/AbundantMindFreeMP3>

[FREE Archtypes Personality test](#) - Unravel The Mysteries of Your True Self By Taking This 60-Second Quiz

[Achieve your best life](#), with latest brain science to help you achieve the success and results you desire.

<http://blessingsfreely.com/eb3ref/Brain-A-Thon-CYOA>

[Put your success on autopilot](#) and erase your self-doubt, fear and negativity.

<http://blessingsfreely.com/eb3ref/MMMatrixWebinar>

[Manifest your dream life](#) and stop procrastination.

<http://blessingsfreely.com/eb3ref/manifestationmiracles>

[Theta brainwave technology](#) is used to where the subconscious is most receptive to messages.

<http://blessingsfreely.com/eb3ref/15minutemanifest>

A 6-step system that effortlessly and automatically [reprograms your brain into the brain of a millionaire](#).

<http://blessingsfreely.com/eb3ref/TotalMoneyMagnetism>



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### [Finding your True Calling... And Getting Paid To Do It!](#)

Discover Your True Abilities Using This Secret Ancient Code And Enjoy A "Second Chance At Life"...WITHOUT Leaving Home.



<http://blessingsfreely.com/eb3ref/PowerQuadrantSystem>

[Goal Setting is the key to all success.](#) This is a brilliant and robust personal success system that will help you accomplish goals by getting the right things done.

<http://blessingsfreely.com/eb3ref/GoalsTracking>

### **For Financial Investments:**

[Webinar by a wealth manager](#), on how to own gold and silver as income generating assets, while diversifying from the coming wealth transfer.

<http://blessingsfreely.com/eb3ref/GASFLwebinar>

## **FACEBOOK COMMUNITY LINKS**

Blessings Freely Facebook Community

<https://www.facebook.com/BlessingsFreely>

101 Powerful Affirmations

<https://www.facebook.com/101PowerfulAffirmations>

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