



# You Can't Un-Ring the Bell: It Is What It Is

*Shirley J. Gilbert*

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# You Can't Un-Ring the Bell: It Is What It Is

*Shirley J. Gilbert*

## **You Can't Un-Ring the Bell: It Is What It Is** Shirley J. Gilbert

This is a book about honesty, acceptance, change and hope. Dr. Gilbert discloses her journey as a psychologist, wife, mother and Christian who provides hard-won solutions for healing and moving forward. With an approach rooted in Christianity, she shares her own personal struggles and her message of faith in staying focused on a positive life. This is a no-nonsense approach for bringing your best to the life you are living. In this book, you are invited to reflect on the power of your choices, how they define you, where you're going and whether or not you need to think about the possibility of change in your life. The bell of death is discussed as a means of focusing on the reality of where we are going, what we hope to accomplish and how we will likely be remembered.

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