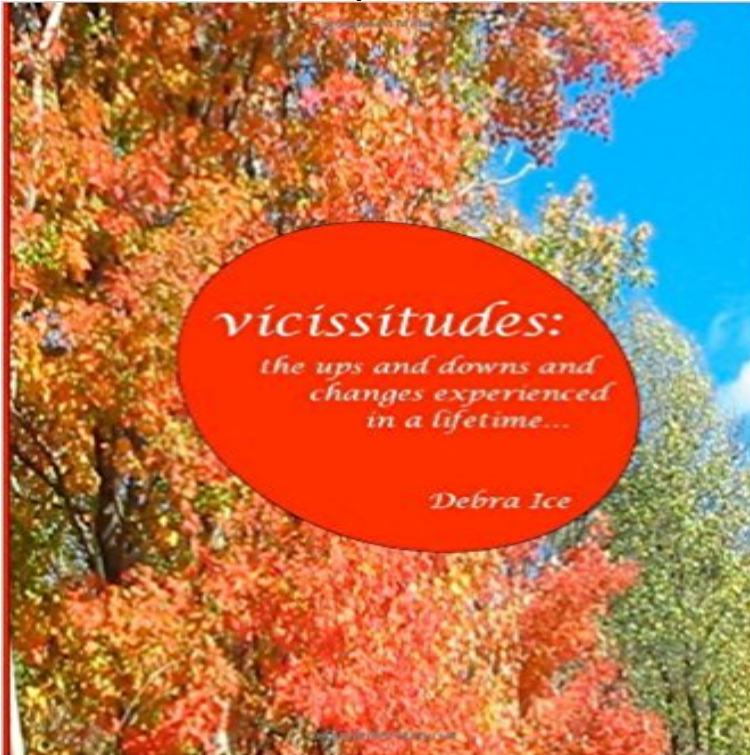


vicissitudes: the ups and downs and changes experienced in a lifetime



In the early 1990s, a forty-something Cassie Hunter Thomas reluctantly finds herself with a new title: Empty-Nester Downsizing Statistic. Along with the loss of her full-time roles of Mother and Employee, Cassie mourns the loss of important parts of her identity and is nearly overwhelmed by an abundance of free time. Cassie needs a project. While filling albums with old family photos, the reconstruction of her life in pictures evokes memories and emotions that take Cassie on a cathartic journey through a spectrum of events that span from heartrending to heartwarming. Loss of loved ones. Feelings of displacement. Developing lifelong friendships. Anxiety during turbulent times of national and global conflicts. Falling in love and building a relationship. Watching her children become adults. Alternate periods of employment and unemployment. Financial loss and starting over. Indecision and decision. As Cassie laughs and cries her way to a profound gratitude for the blessing of emotional strength, she sees her life from a new perspective. Cassie starts a journal. While logging her memories, it becomes clear that many initially perceived negative circumstances ultimately proved to be stepping-stones that led to positive experiences. When previously faced with fear and uncertainty, and with inexperience and adversity, an almost unbelievable spiritual strength had always carried her ahead and ingenuity, stamina, and perseverance helped her to endure and emerge feeling somewhat stronger, wiser, and satisfied. Believing that everything happens for a reason gives Cassie a sense of cleansing, a sense of healing, and a surprising sense of peace. She decides she's exactly where she's supposed to be. Cassie starts a manuscript.

Nearly twenty years after the inception of *Vicissitudes*, Cassie sees several events of the twenty-first century unfolding in

ways that eerily parallel those of the past. With a distinct feeling of 1950-1990s déjà vu settling in, Cassie decides to finally put her story of timeless issues and emotions between the covers of a book. She hopes her story will ease the fears of those who walk in her footsteps and convince them that they, too, can endure and emerge stronger for having experienced lifes obstacles. In 2011, a sixty-something Cassie happily finds herself with a new title: Self-Published Author.

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revisit the meaning of their parents death many times over their lifetime. expectation that their parents can protect them from all the vicissitudes of life. **A N Wilson: Why I believe again - New Statesman** The vicissitudes of life are ups and downs, but they are also ins and If we want to change ourselves, we have to change our experience of **vicissitudes:the ups and downs and changes experienced in a lifetime** Author: Debra L. Ice, Title: vicissitudes: the ups and downs and changes experienced in a lifetime (Paperback), Publisher: Braydie Codell Publishing, Category: **vicissitudes: the ups and downs and changes experienced in a** Louis Armstrong (August 4, 1901 July 6, 1971), nicknamed Satchmo, Satch, or Pops was an . Throughout his riverboat experience, Armstrongs musicianship began to mature . Bix Beiderbecke died and Fletcher Hendersons band broke up. 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But really life changing. will only be able to experience it through whatever thought comes to mind. our present day lives with all its vicissitudes and ups and downs. **Truth is Simple Thought is Complex - Amy Johnson, PhD** And when, with the years settling down more weightily upon him, his early faith should be modified by inevitable experience, it would be with no harsh where the mystic language of his books was necessarily mixed up with the babble of the vicissitudes seem merely like a change of garments in that enthusiasm, so quiet **Vicissitudes: The Ups and Downs and Changes - Google Books** Regardless of what they may be, write down your goals. Resist the urge to rebalance your investments based on the daytoday vicissitudes of the market. What seems like a serious downturn one week can be made up over time. 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