



Bel Mooney's Lifelines: Words to Help You Through

Bel Mooney

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For over forty years, Bel Mooney has been one of this country's best-loved journalists and authors, and her hugely popular Daily Mail advice column reaches six million people every week. Far from being a detached and abstract figure, Bel doesn't shy away from sharing her own life experiences of grief, forgiveness and joy with her devoted readers, making her column at once both distinctly personal and thoroughly universal in relevance. A lifeline for many, some of her wise, compassionate and unflinchingly honest words of good counsel are gathered together here for the first time. This selection includes problems, responses and some of the wide-ranging mini essays that appear in the Mail as 'And Finally'. Punctuated by some of Bel's favourite uplifting quotations, this collection also includes 'what happened next' with some of those who received Bel's wisdom - be it about love, loss, break-ups or breakdowns. A heartfelt and inspirational collection, full of valuable insights and prefixed by a wide-ranging and candid introduction reflecting on what being an advice columnist has taught her, Bel Mooney's Lifelines is a book readers will return to again and again, each time discovering something new in the process.



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