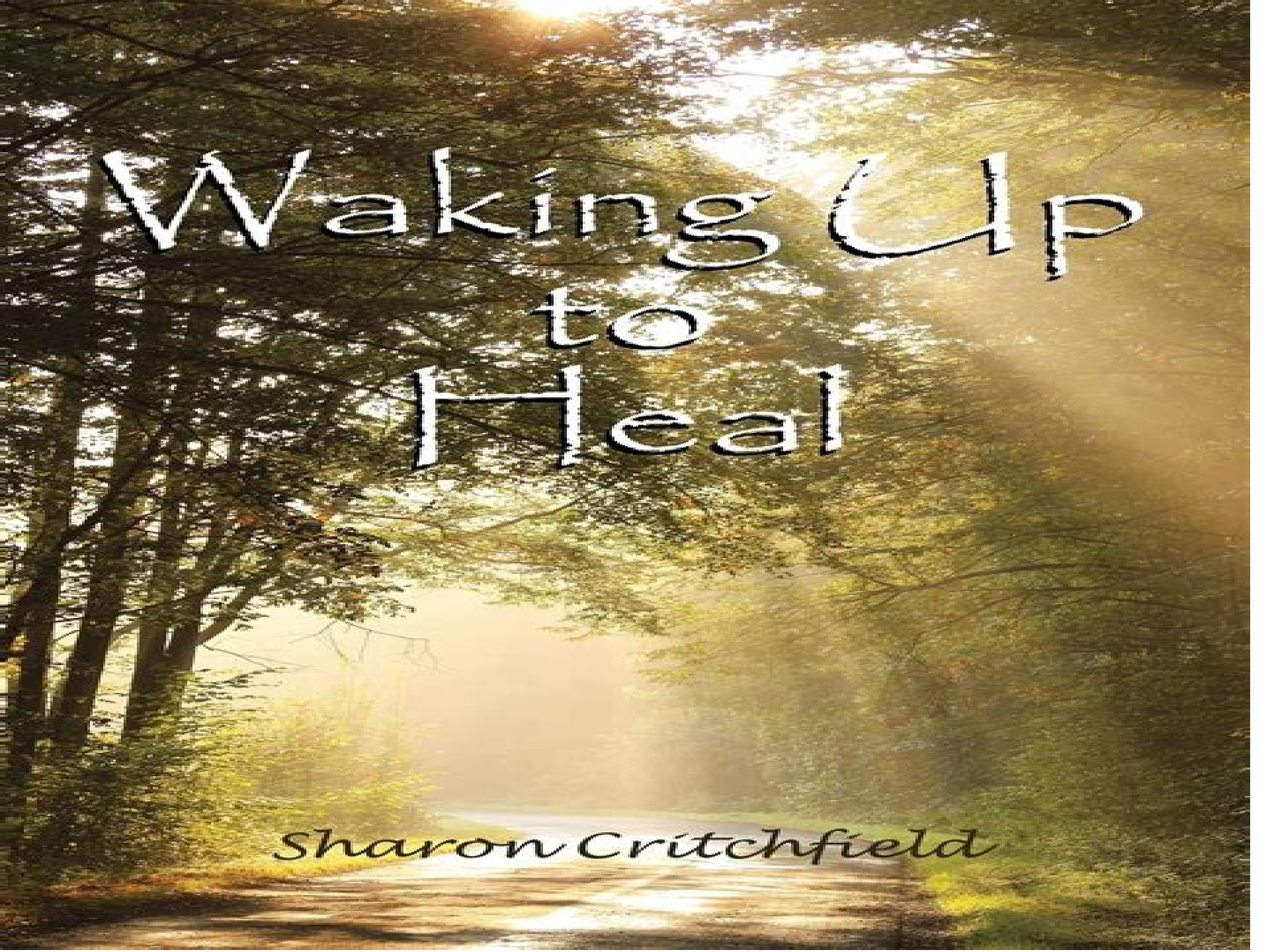


The background of the entire image is a photograph of a forest path. Sunlight filters through the dense canopy of green trees, creating a warm, golden glow and long shadows on the path. The path leads from the bottom center towards the background, flanked by trees and foliage. The overall mood is peaceful and serene.

Waking Up to Heal

Sharon Critchfield

Waking Up Heal Sharon Critchfield

Sharon Critchfield



Waking Up Heal Sharon Critchfield:

Waking up to Heal Sharon Critchfield, 2015-12-14 How does one heal from unspeakable trauma Is it even possible Are there blessings to be found in even the most heinous experiences Why do some people glide through traumatic life altering events with no visible scars while others fall victim to depression and addiction How does a person come out on the other side a stronger and more compassionate person These are questions that every person asks at some point in his or her life The answers are not elusive or mysterious only to be answered when we die There are answers now and productive ways to heal from any experience to learn valuable life lessons that will serve to make you a stronger and more complete soul You dont have a soul You are a soul You have a body George MacDonald

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