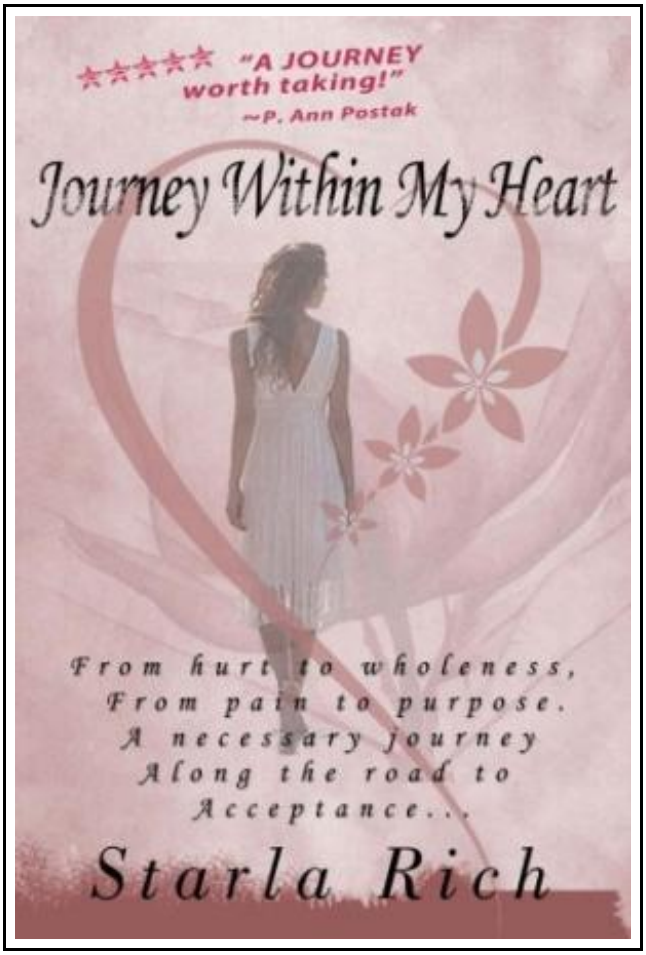
Journey Within My Heart: From Hurt to Wholeness and from Pain to Purpose on a Necessary Journey Along the Road to Acceptance.



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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 263 pages. In the last few days there has been a coming out so to speak - about depression. With the news of the comedian Robin Williams suicide and death, our world has grieved and has felt a sense of shock and disbelief. It is often the person who smiles the most that hurts the deepest - the one who carries themselves with an air of confidence that trembles with self-doubt and insecurity deep inside. They carry a secret, an untold story within their heart hidden from the world, from those who love them and often, from themselves. Journey Within My Heart is such a story - one that serves as a message of hope for those struggling within. . . From a shy, insecure church girl to a trusting and nave young alcoholicaddicts wife, and from religious tradition to physical abuse and abandonment, Starla Rich has traveled a long road from childhood to womanhood. It was a road that began and ended deep within her heart. In the message below, the author invites you to walk along the path of this journey within. In the process, you just may embark on your own journey along the way We all hurt sometimes and feel lost and alone every now and then. This is why the words on the pages within this book are not unique. They could be your words just as easily as they are mine. Each of us has a place deep inside of us that we call home, a place that we find ourselves far away from on lifes journey. The child in us does not die, but simply gets buried under the stuff of life. Sometimes, we lose sight of who we truly are....

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