



# **Musings from a Healing Heart: A Survivor's Courageous Journey from Denial to Spiritual Wholeness**

*Betty Bennett*

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Have you ever gotten lost in a foreign country because you couldn't read the street signs? Sometimes life is like a foreign language-we get stuck and can't find our way. In Musings from a Healing Heart, Betty Bennett provides a road map to help you navigate life's difficult challenges. Her book begins when she emerges from a fog and comes face to face with the real world for the first time, and it goes on to describe her incredible decade-long spiritual journey toward wholeness. She honestly and lovingly shares the lessons she has learned to help others who struggle. Her five-step road map includes: Learning to Survive, Connecting with a Higher Power, Feeling All Our Feelings, Moving Toward Wholeness-Slowly, Surely, Living Peacefully. We all get stuck sometimes. Often all we need is a nudge in the right direction to get us back on track. Musings from a Healing Heart will give you that nudge and it will give you hope. No matter where you are on your personal journey, this book will be a welcome companion in your travels. Visit us at [www.bettybooks.com](http://www.bettybooks.com).



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