



Journey to the Heart: 365-Day Guide to Thriving after Trauma

Svava Brooks

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Are you a survivor of abuse or trauma? Are you tired of feeling angry, depressed, anxious, or sad all the time? This book was written as a 365-day guide for your healing journey. Each day features a little bit of “truth.” Consider how the truth for that day applies to your past, present, and the trauma you survived. After 365 days, you will have made measurable progress on your healing journey. You won’t be the same person you used to be. You’ll no longer be a Survivor. You’ll be a Thriver. You’ll finally be free. Free from the trauma of your past. Free of limitations. Free to create the life you desire!

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