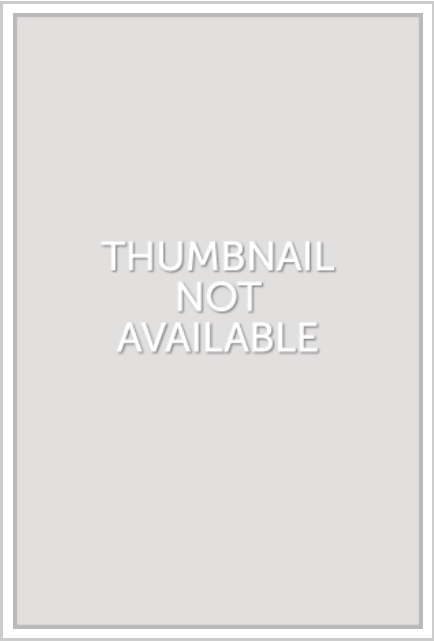



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# Journey Within My Heart: From Hurt to Wholeness and from Pain to Purpose on a Necessary Journey Along the Road to Acceptance.

By Starla Rich

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...

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