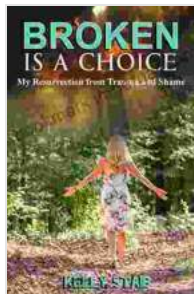


# Broken Is a Choice: The Power to Heal Your Life's Biggest Wounds

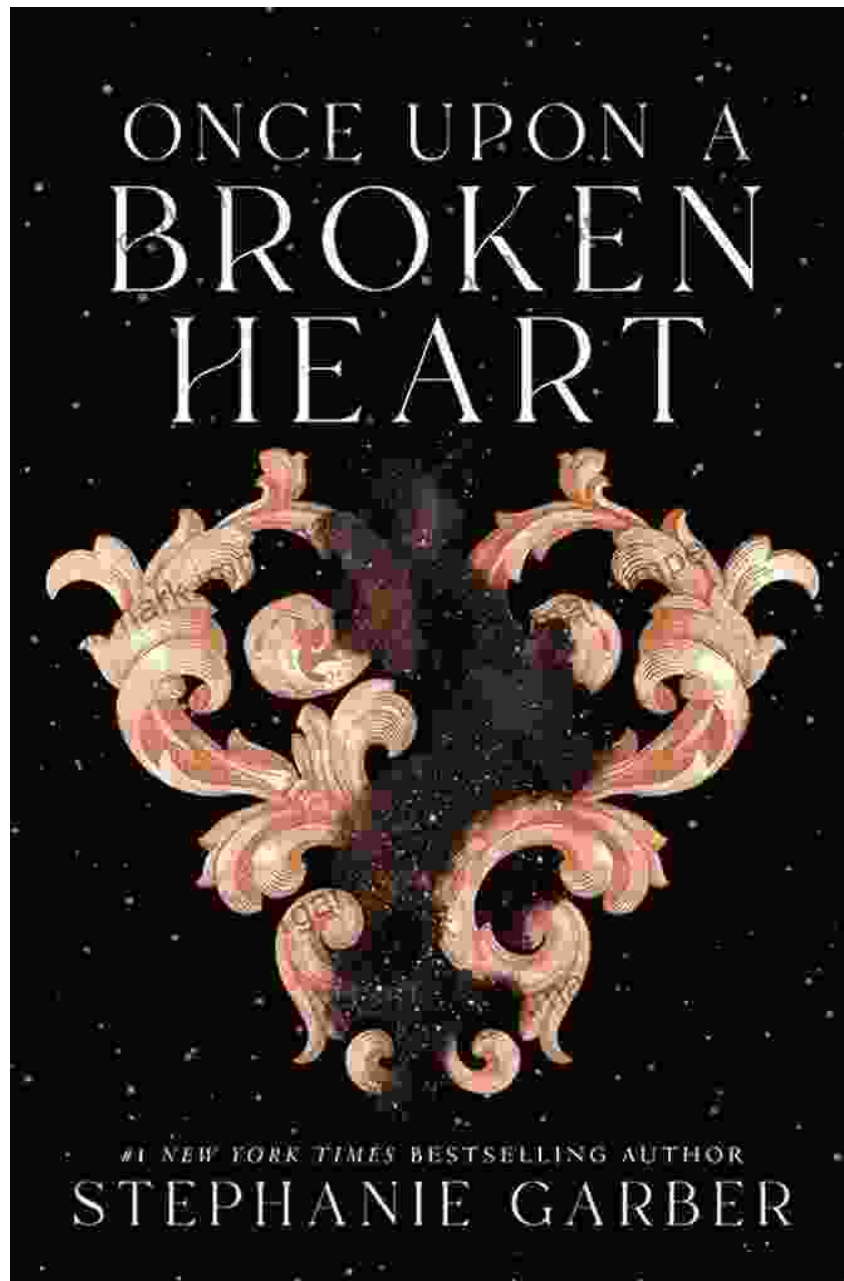


## BROKEN IS A CHOICE : My Resurrection from Trauma and Shame by Matthew Deren

★★★★☆ 4.8 out of 5

Language : English  
File size : 3365 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 148 pages





In the tapestry of life, we all experience our share of brokenness. Whether it stems from childhood trauma, heartbreak, loss, or any other adversity, these wounds can leave deep scars that impact our lives long after the initial pain has subsided.

But what if we told you that brokenness is not a fate but a choice? That we have the power to heal our deepest wounds and reclaim our lives?

In her groundbreaking book, *Broken Is a Choice: The Power to Heal Your Life's Biggest Wounds*, author and trauma recovery expert Dr. Mindy Pelz shares her transformative approach to healing and empowerment.

Through compelling stories, practical exercises, and cutting-edge research, Dr. Pelz guides you on a journey of self-discovery and healing. She challenges the traditional narrative of victimhood and empowers you to take ownership of your life and create lasting change.

### **The Broken Heart**

One of the most common ways we experience brokenness is through heartbreak. The loss of a loved one, the end of a relationship, or the betrayal of trust can leave us feeling shattered and alone.

Dr. Pelz believes that heartbreak is not simply a matter of time healing all wounds. It requires active participation and a willingness to confront our pain and emotions.

In *Broken Is a Choice*, Dr. Pelz provides a step-by-step process for healing from heartbreak. She teaches you how to identify and process your emotions, let go of negative beliefs, and rebuild your life in a meaningful way.

### **The Broken Body**

Physical injury or illness can also leave us feeling broken and vulnerable. Whether it's a chronic condition, an accident, or a traumatic experience, the pain and limitations it imposes can take a toll on our physical and emotional well-being.

Dr. Pelz emphasizes that the mind and body are interconnected and that healing one can often lead to healing the other. She offers practical strategies for managing pain, improving physical health, and cultivating a positive mindset.

In *Broken Is a Choice*, you'll learn how to navigate the challenges of a broken body and find ways to live a fulfilling life despite physical limitations.

## **The Broken Spirit**

Perhaps the most profound form of brokenness is the broken spirit. This can manifest as depression, anxiety, feelings of hopelessness, and a loss of meaning.

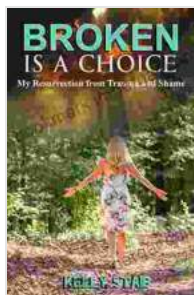
Dr. Pelz believes that the broken spirit can be healed through a process of self-discovery and connection. She encourages us to explore our values, beliefs, and passions, and to find ways to live a life that is authentic and fulfilling.

In *Broken Is a Choice*, you'll embark on a journey of self-discovery and learn how to reconnect with your true self and find peace and purpose.

Brokenness is a universal experience, but it does not have to define our lives. We have the power to heal our wounds, reclaim our lives, and create a future that is filled with hope and possibility.

*Broken Is a Choice* is a must-read for anyone who has experienced trauma, adversity, or any form of brokenness. Dr. Mindy Pelz's transformative approach to healing empowers you to overcome the challenges of the past and create a life that is worthy of your dreams.

Free Download your copy of *Broken Is a Choice* today and start the journey of healing and empowerment.



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