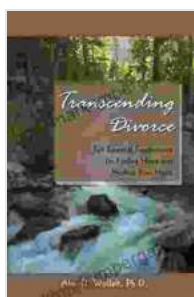


Ten Essential Touchstones for Finding Hope and Healing Your Heart

A Powerful and Inspiring Guide to Finding Hope and Healing in the Midst of Life's Challenges

Have you ever felt lost, broken, or hopeless? Have you experienced a traumatic event that has left you feeling shattered and unable to move on? If so, you are not alone. Millions of people around the world are struggling with the same challenges. But there is hope.



Transcending Divorce: Ten Essential Touchstones for Finding Hope and Healing Your Heart by Yvonne Fedee

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1928 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 210 pages
Lending	: Enabled



In her new book, *Ten Essential Touchstones for Finding Hope and Healing Your Heart*, author Sarah Jane Roberts offers a powerful and inspiring guide to finding hope and healing in the midst of life's challenges. Drawing on her own personal experience of overcoming trauma and loss, Roberts shares ten essential touchstones that can help you to recover from your pain and rebuild your life.

These touchstones include:

- **Hope:** The belief that there is a better future ahead, even when things are tough.
- **Courage:** The strength to face your fears and challenges head-on.
- **Resilience:** The ability to bounce back from adversity and come out stronger.
- **Love:** The power to connect with others and find support and healing in relationships.
- **Forgiveness:** The act of letting go of anger and resentment towards yourself and others.
- **Gratitude:** The practice of focusing on the good things in your life, even when things are tough.
- **Compassion:** The ability to understand and share the feelings of others.
- **Purpose:** The sense of meaning and direction in your life.
- **Spirituality:** The connection to something greater than yourself.
- **Self-care:** The practice of taking care of your physical, emotional, and spiritual well-being.

Roberts writes with honesty and compassion, sharing her own experiences and insights on how to apply these touchstones to your own life. She offers practical exercises and worksheets to help you to work through your pain and begin the journey to healing.

Ten Essential Touchstones for Finding Hope and Healing Your Heart is a must-read for anyone who is struggling with trauma, loss, or grief. It is a powerful and inspiring guide that can help you to find hope, healing, and a new sense of purpose in your life.

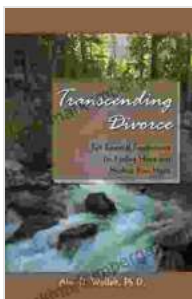
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Ten Essential Touchstones for Finding Hope and Healing Your Heart is available now on Our Book Library and other major retailers. Free Download your copy today and start your journey to healing.

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About the Author

Sarah Jane Roberts is a writer, speaker, and trauma survivor. She has dedicated her life to helping others to find hope and healing after trauma. Sarah is the founder of the Hope and Healing Foundation, a nonprofit organization that provides support and resources to trauma survivors. She is also the author of the bestselling book, *Finding Hope After Trauma: A Survivor's Guide to Recovery and Healing*.



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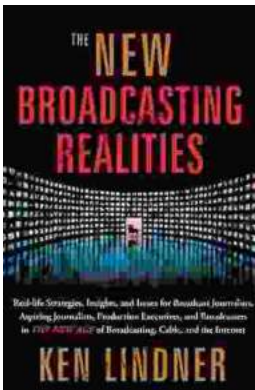
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