



5 Steps To Healing Your Heart: You Can Get Up Again

Mrs. Pamela Hart

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This book reaches out to women who have been in abusive relationships and who have suffered from physical, emotional, financial, and psychological abuse. Pamela Hart shares her personal story of discovering her own co-dependency and living in shame and pain with abusive men. It has taken 25 years for her to discover these 5 steps that helped her to GET UP AGAIN and heal her heart. She transparently shares with you tools to start you on a new journey of healing; a path that becomes a lifestyle. If you are ready to be free and take steps to heal your life, this book is for you.

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