



# Healing of the Heart Workbook--New Joy and Peace After Childhood Abuse

*Marc Swift, Mary Lemmond, Josh Swift*

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BE HEALED from the destructive early-life shaping patterns of child abuse. Based on the real life story of the journey taken by Josh, this healing workbook is designed to set you free from the hold of the pain and the shame, and empower you to live an abundant life. Follow the steps which changed Josh's life of self-hatred and depression to a life of joy, peace and love. You will smile and say, "Life is GOOD!"

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