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(Dr. Celestino Treutel)*

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This book is about love and fear and how so often they are one in the same. For so long I felt such anger, resentment and helplessness. Now through introspection and growth I ve gained a new perspective. Things happened to me but it doesn t mean they have to define me. It doesn t mean they have to plague me with insecurities. It doesn t mean they have to determine my actions or outlook. It doesn t mean they have to make me feel unworthy. It doesn t mean I have to continue the cycle. It means that I can take my experiences and use them to educate and strengthen myself. It means I can be better than those that have preceded me. I have the power to change. I m not perfect and neither is my life. I still struggle. But I m learning to love every bit of me, slowly but surely, everyday. I have found that the only thing that heals a heart is acceptance. I accept my experiences and they haven t broken me just yet. After all, I m a fighter even in trepidation and so are you.



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