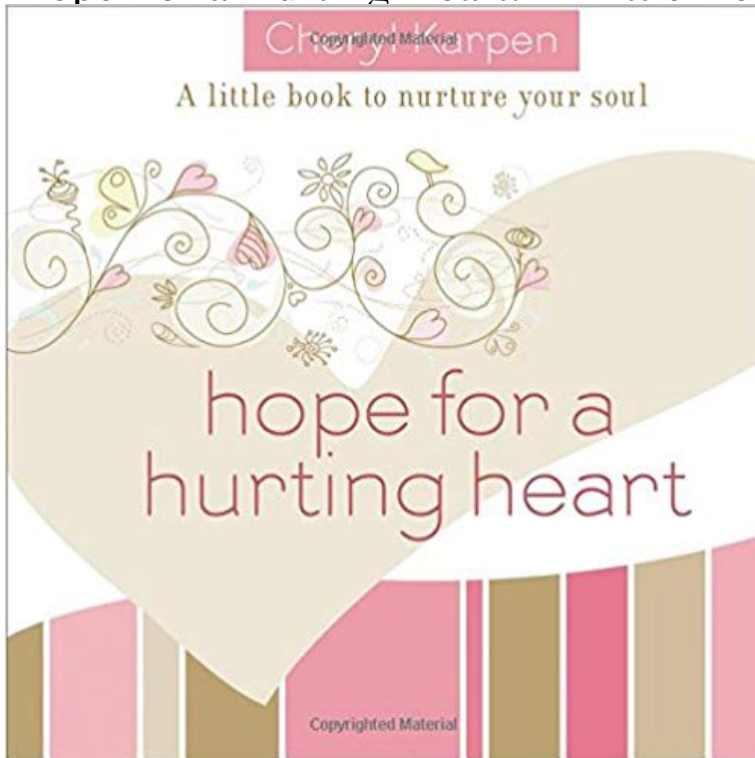


Hope For a Hurting Heart: A Little Book to Nurture the Soul



Bless the heart that's filled with sorrow with these uplifting expressions of compassion and encouragement. When life throws a curveball and leads you into a state of grief, nothing helps more than being surrounded by loving acts and words of comfort. Cheryl Karpen knows this firsthand and shares from her heart how caring family and friends changed her life and helped her through a difficult time of loss. In *Hope for a Hurting Heart*, she tenderly imparts precious touchstones of wisdom and ways that helped her and can help you to keep the light of life and hope glowing on your journey back to wholeness and healing.

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