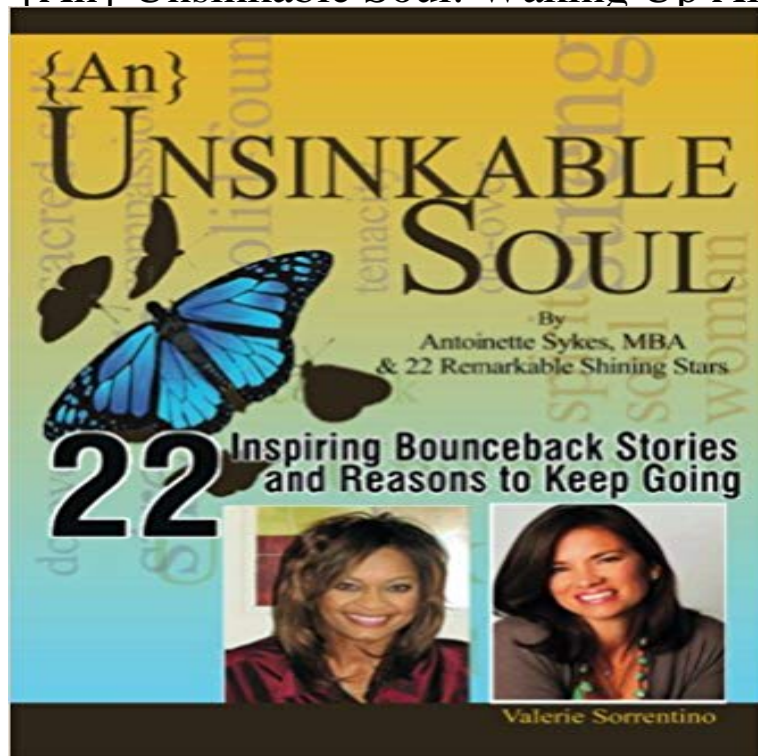


## {An} Unsinkable Soul: Waking Up After Depression



Have you ever felt confused? As a woman, a mother, wife, daughter who am I and why am I here can be the backdrop of the pain in the eyes of every girl. Life asks of us only one thing- the courage to be truly happy. The skill of expression is where we get stuck in the mud. In my story you see the moment that not only my story changes but my entire life changes and all transforms. The inner cruelty decreases. The crippling pain lifts. The heart begins to thump again and learns to sing. Each of us has a journey to complete, overcome, conquer and to carry-on moving forward. It is a matter of when we find the tipping point, the peak the moment of collapse, not IF. The very next moment the choice we make - this is the story that I tell. A snapshot of breaking and the steps forward of reinvention no re-discovery of who I am as a spirit, a soul, a person, a female. I am alive. I am well and I am filled with Soft Power to create the world I Love. In my story, I ask you to stand up from the ashes, the muck, the mud. Shed what is not truly you and move forward deliberately. This takes support, growing clarity and bravery. This is the path of life- smooth or bumpy. Choose your path. The path is internal as well as external. In my story and in my life I have gone inward to discover a wealth of magical miraculous creativity and richness that I thought impossible. I am here to share. In the depth and dismal I have found my purpose, my sparkle, my shine. In the Light I see more truth. It is a gift. The mystery is that all things add up and begin to make sense. Are you ready to begin a new? It may be easier than you imagined. And more important than ever before. The anthology {An} Unsinkable Soul, is a collective thought. It is in numbers we have strength but the over all message is that strength comes from within us, individually. It is courage, community and choice that lead us down the path of life. In our book {An} Unsinkable Soul,

you will find several miraculous successes of faith, personal power, perseverance, and passion. This collection of truths, survival skills, realizations and triumphs are to lift the world. This book is an aide to the unsinkable soul that you are. We, as people, together sharing the planet, now or in different times and places, are here to help. We are here to lend a helping hand of loving-kindness. If only in one word, one sentence or one volume of work, you may come alive again. Self care and loving-kindness can be forgotten and is the main ingredient to being alive again. This is a secret, a mystery, an invisible gold that is shared around the world. It is coveted, it is hidden and it is also afraid to be revealed in each of our own lives evolution. Triumph and despair are not a new theme. What is new is the power, the force, the transparency and the quickness of the message spreading to heal. There are times of quiet and there are times of trumpet. In the gentle whispers hear the wisdom. In the loud song, when voices come together, hear the power. In the moment, be at ease, as there is nothing more than now. In our book feel the safety of telling your story as you read the inner callings, the tragic truths and the remedies that follow for each and every soul. My story, as with the other 22 amazing women, is but a snapshot of the past. It does not define me; it merely reminds me of what is possible. Being clear and knowing what I choose to hold as high and what I choose to hold as sacred in contrast to what I disregard or neglect is the direct outcome of my destiny. In each moment I make that choice. As a group, this anthology holds the story that transforms the world of the caterpillar into the butterfly. In it is each of us. You share the destiny of beauty. Enjoy.

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