

# **“Mend My Broken Heart”**

Jocelyn A. Soriano

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*“The world breaks everyone  
and afterward many are strong at the broken places.”*  
- Ernest Hemingway

**This book is a result of years of listening to real people who have real hurts and who struggle with the pain of not knowing how to heal a broken heart.** For more than 10 years, Jocelyn Soriano has been a go-to friend, author and prayer partner and has helped inspire people through her writings.

*"Perfectly written! This what I have gone through! Thank you for making me see that there are times we really have to say goodbye. No matter how painful it may seem, goodbyes are essential parts of life for we need to move on towards something better. God bless you, Joyce! Thanks for being part of my healing process. Though I am still a work in progress, I am taking baby steps towards hope..." - Rissa*

*"...that was so inspiring...it really comes to an end that even you love a person,, still you need to let go..and doesnt mean that your weak enough...but you just need to it for the better and best for both of you..i just need to give up a relationship because i know that was the best thing to do for both of us and i just want him to be happy..thank you joyce that was so wonderful and inspiring one." - Evie*

*"Very well-written piece, and I especially like the point about protecting your joy." - Daphne, Joyful Days*

*"I got strength reading your article. The approach is simple and practical. i just wonder why people seems happy to hurt your feelings..anyway the best i could do is to pray for them. thank you so much and Gd bless." - Grace*

*"I read this entry and i was totally amazed...It was very well written Jo..I like it. It's a good realization for me, Its true that in every pain we really have to learn how to accept it, ask God's guidance, take time to rest and let go of the pain and moved on, in order for us to find happiness and joy in life... You touched me with your entry.. Two thumbs up!" - Nasreen*

*"joyce, you write like an angel...inspiring... thank you...ive been going through a lot the past few months..." - Agnes*

*"I have so much anger in me that I don't know how to let it go. By reading what you wrote made me feel like there may be hope for me still." - Jessica*

*"I agree with your solutions to dealing with pain, especially the one about taking it one day at a time. Its important to remember that the pain will go away eventually." - Cat, Self-Help Healing Arts*

*"I felt something so warm and kind flow into me as I read this, I can only say thank you for being a vessel of His good works..." - Jude*

***“We hurt so much because we have lost a part of ourselves. If we have loved much, we must have given much also, and when everything's over, we feel as though we have lost everything.”***

*“There will always be a pain in 'goodbyes'. No matter how much we seem to understand everything, it breaks our hearts to ever see anything beautiful die.”*

***“Wasted laughter. Wasted tears. Wasted love. That's how badly you felt. And yet, is love ever truly wasted?”***

*“We cannot love a person with an all accepting and encompassing love without being hurt somewhat, without being disappointed, without being failed of our expectations. **We cannot love without being broken, yet we cannot continue in love without being stronger than our brokenness.**”*

***“Let go of what you can no longer keep. Protect what's still worth keeping. Believe in love most of all.”***

## ***About the Author***

**Jocelyn Soriano** is a self-help author, blogger, poet, and novelist. For more than 10 years, she has been a go-to friend, author and prayer partner and has helped inspire people through her writings.

She continues to help and inspire other people through her blog [www.itakeoffthemask.com](http://www.itakeoffthemask.com) where she writes poems, prayers and other articles of healing, motivation, faith, love and hope.

Being an introvert, she enjoys time alone listening to music or even composing her own songs. She also likes to travel and is inspired by quiet moments along the beach or merely walking under a starlit sky.

### **Books by Jocelyn A. Soriano:**

**[Poems of Love and Letting Go](#)**

**[366 Days of Compassion](#)**

**[In Your Hour of Grief](#)**

**[The Inspirer's Wisdom](#)**

**[Beloved](#)**

**[To Love An Invisible God](#)**

**[The Good For Nothing Boy](#)**

*Don't forget to watch the Youtube Video of her song, "[Into My Life Again](#)"*

*"Each day is filled with purpose;  
Heaven's smiling down on me.  
There isn't a thing that I can't do  
As long as you're with me.  
Heaven's sweet embrace shall keep me here...  
Wash away the tears,  
Calm away the fears,  
Bring the sun into my life  
Again..."*

***For poems about love and letting go, follow Joyce at Instagram***

***<https://www.instagram.com/itakeoffthemask/>***

You can also follow her at:

[facebook.com/itakeofftheface](https://www.facebook.com/itakeofftheface)

[twitter.com/jocelynsoriano](https://twitter.com/jocelynsoriano)

Or send her an email at [itakeofftheface@yahoo.com](mailto:itakeofftheface@yahoo.com)

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## *Why I Need To Know If I Had Been Loved Before I Let Him Go*

### **What Saying Goodbye Doesn't Mean**

Saying goodbye doesn't mean  
You don't love him anymore,  
Nor that you no longer will.

It doesn't mean that you failed.  
It doesn't mean you're unlovable.  
It doesn't mean somebody's better,  
And that someone else can take your place.

Saying goodbye doesn't mean  
He doesn't love you anymore  
Nor that he no longer will.

It doesn't mean he wanted to hurt you.  
It doesn't mean you don't deserve to be loved.  
It doesn't mean he isn't grateful he met you,  
And that you've touched each other's souls.

Saying goodbye doesn't mean you need to forget,  
It doesn't mean you were never loved.  
It doesn't mean you're weak,  
It doesn't mean you didn't try hard enough.

Saying goodbye shall never be easy,  
And it shall never be without pain,  
or without questions hanging at the back of your mind.

But for all the hurts and uncertainties,  
May it always lead you into a new hope and into a new life.  
May it lead you to new beginnings after all the endings  
That made you cry.

May your goodbyes bring you peace,  
And may it bring you to healing,  
May it bring you closer to that sacred place,  
Where there are far more sunrises than sunsets,  
And where there are far more tears of joy than of goodbyes.



What is the true meaning of a heartbreak? Does it really matter to know that you have been loved before you can let him go?

Many times, it is not the process of separating from your partner that's hardest. What's really difficult is the meaning we need to give to such a separation. What will all these mean for us? Why do we have to undergo so much pain?

There are so many questions at the back of our minds but we're afraid to answer them for fear of not being able to face the meaninglessness of it all. As a result, we choose to hold on to the relationship however painful and unhealthy it has already become.

**What are these questions we're so afraid of? Rather, what are the answers we don't want to find?**

**1. That you have been rejected, and judged as "not good enough".**

Rejection is painful. It's like being disposed of as trash, as though there's nothing good or ever worth keeping in you.

When you experience a breakup, you can't help but feel you were never good enough. What did you lack? What could you have done to prevent this? Why has he left you for another woman?

To be rejected is to have failed to measure up to the standards and expectations of the other person. To be rejected is to feel that you have not been loved at all!

But is this the real meaning of our feelings of rejection? Did we really fail to measure up to someone who is better than us? Are we really so repulsive and worthless as a person?

**What Rejection Really Means**

Rejection does not always mean you were the one who failed to measure up to the standards of the other person. In reality, many people call for a breakup because they were the ones who felt they could never measure up to your standards.

Rejection does not always mean your whole being had been rejected. It may be that only one trait of yours was considered as incompatible with your partner's character.

Rejection does not always mean that the other person who replaced you as the third party is better than you. It could be that your ex merely found someone who is more compatible with him considering his values and interests.

And even if your partner declares you have been rejected because of another person who is better than you, it doesn't mean he is right! Remember that there are always three sides to a story: your side, his side, and the right side.

To be rejected by someone doesn't mean you should also reject yourself or that you should think of yourself as a lesser person. It doesn't mean that nobody will ever love you anymore. Remember that only one person has rejected you at the moment, and it only hurt so much because to you, that person's opinion symbolized the opinion of the whole world, of God.

In order to move on, you must develop your self-confidence and be damaged by the rejection. You must have a firm belief in your own self worth, in your own beauty!

Further, rejection doesn't mean you were never loved. He may have really loved you at some point in your relationship, but something happened and that love has not been taken care of and protected. It takes a lot of work and courage to continue loving, and many people don't have the patience and the strength to persist in their love. People change as well, and the guy who is now hurting you wasn't the same guy anymore who took your breath away.

## **2. That you have been betrayed, and you have wasted your time, tears and effort for the wrong person.**

To be betrayed is to be slapped in the face a hundred times and after which, you still couldn't believe he could do such a thing to you!

Why? How could he have done this after all that you've been through? These are but few of the questions you ask as you try to understand his reason for hurting you.

You then remember all those years you spent together: all those happy moments, and all those rocky times you were able to overcome. What's the worth of it all now? What's the worth of all those wasted years you could have spent with someone who could have really loved you?

### **Wasted. Wasted laughter. Wasted tears. Wasted love.**

That's how badly you felt. And yet, is love ever wasted? Where does love go when it gets sent to the wrong person?

No matter how broken and betrayed you may feel right now, know that To be able to love another person is to be blessed with an opportunity to know the meaning of life, the real value of our existence.

It's not the one who has loved the wrong person who has truly lost something. It's to be given authentic love and not receive it that is the greatest misfortune.

It's unfortunate how many of us fail to recognize the love that is being offered to us. We seek for love but never recognize it when it arrives. We crave for it only to reject it if it doesn't come in form we expected it to be.

If we only knew what's being offered us, we'd have respected it. But we are often not aware of it, and we hurt the ones who really loved us so.

In order to move on, believe that it was never a waste to love. It has enriched you as a person and has equipped you with the capacity to love the right person when he arrives in your life. The one who hurt you may not have intended to cause you pain, but he has yet to grow and learn what love is so he can recognize it when it comes to bless his life again.

**To love is to risk, and to risk is to lose sometimes, to get hurt.**

But let it not deter you from loving again, from being happy. We can't always understand everything that happened, but we can accept that not everything is perfect in this life.

The people who have hurt you may not have intended to cause you pain. Hurt people hurt people, and more often than not, they hurt themselves most of all. Let God take care of these people. Let God be the one to continue the love you have planted upon their hearts.

***Let go of what you can no longer keep. Protect what's still worth keeping. Believe in love most of all.***

Today's Activity:

Reflecting on the above, write down what this heartbreak really means to you. Was it a total rejection of who you are? Was it betrayal? Do you think it's possible that your partner may not always have the best judgment about who you really are?

## ***How Did We Lose The Ones We Loved?***

I used to wonder about this question:

### ***"Whatever happened to love?"***

I used to wonder how two people who used to love each other could eventually turn into hating each other so much. How could people suddenly become cold and uncaring towards each other?

Where has love gone to? When did it vanish from our sight?

### **Caught By Surprise**

Some people are surprised by the sudden change in the hearts of their loved ones. It's as though you just wake up one morning, and you suddenly discover your partner is no longer in love with you!

Yet is this really a case of a sudden change? Could it be that small changes have been taking place through the years, very small changes that have been undetected or ignored one way or the other?

### **Tired of Trying**

There are also those who have been trying for a long time to make the relationship work. These people had always been the ones burdened with the relationship as though they were the only ones trying to do something to save it. When their strength is finally exhausted, guess what happens? Since there is no effort from their loved ones, the relationship breaks apart.

### **When We Outgrow Love**

Then there are cases where both people slowly changed through the years. They grew different interests, sets of friends and even priorities in life. One day they just realized that they're with a totally different person from the one they knew before! They grew without being able to grow love into the new persons that they have become.

### **Unmet Expectations**

There are many cases also where people get together for certain expectations that couldn't be satisfied.

One may have expected their partner to provide well for them, but then they discover how irresponsible their partners really were. Others expected to be always praised and supported by their partners, but then they discover that their partners have great a disability in expressing their love for the other. Still, others expected

the perfect happiness of fairy tale endings where one does not encounter problems or any sort of incompatibility with their loved ones. They wanted a prince, a knight in shining armour or an angel who could do no wrong.

### **A Neglected Gift**

Further, there are those who have been negligent of the love given them.

Some did not care for loyalty. They thought that being involved with other people for a short time would not harm their relationships.

Some were negligent with words, words that hurt and harm even their partner's self-respect.

Some were negligent with time. They've been so busy with other things and left no time available to take care of the love they have found.

### **In The End**

Love doesn't just go away without a sign or a reason. Things have happened along the way that caused it to fade away and die. Like all gifts, love has to be taken care of. It has to be cherished and protected by those to whom it is given, and not just by one partner but by both.

Today's Activity:

What do you think happened to the love you have had in your relationship? Did it vanish all of a sudden and caught you by surprise? Did it die slowly through years of neglect? Or were you the only one trying to save the relationship but just couldn't do so anymore?

## *Why Do I Always Fall For The Wrong Person?*

**For most of us, a certain pattern seems to repeat itself.**

We fall in love, we get hurt, and then we fall in love again with someone who will only hurt us in the end.

Eventually, we feel there's something wrong with us, that this was the reason why we can't be loved, the reason why people always left us in the end.

Soon we can't even remember what our needs were. We get so focused on meeting the needs of people whose affections we desired that we fail to recognize and respect our own feelings and needs. We lose our identity and self-esteem. And then we lose the interest of the very people we have tried to please.

If you could recognize this pattern, know that not everything is lost. You're not cursed. You're not unworthy. You're not hopeless. Things have happened for a reason, and it's time we do something about it.

### **Why Do We Fall in Love with the Wrong Person?**

Even after they've hurt us so much, why do we find it so hard to let them go?

#### **1. We're just so lonely that we want the company and validation of other people even if we're not compatible with them.**

Many times, when we're so lonely, we just don't care about other things like compatibility. We just don't want to be alone! Being alone becomes like a phobia, a fear so great it cripples us from doing anything else.

Where is this fear coming from? Was it due to peer pressure? Was it due to influences from the media? Does it have anything to do with your old childhood issues? Were you made to believe you could never be "complete" on your own?

There is a big difference between loneliness and solitude. Solitude is when you're alone but you're still in touch with your source of life. Loneliness can grip you even when you're with other people. It's when you feel "cut-off" from the source of your natural joy, from life.

How lonely are you right now? Is your loneliness so great it can't be addressed adequately even if you're with another person?

#### **2. We seek a trait we lack in another person who has it.**

It is said that the people we admire most possess certain traits we'd like to have for ourselves. It can be anything from being funny, intelligent, confident, adventurous, or even holy.



These are the traits we often find lovable in a person, traits we want to acquire to become lovable as well.

When we find people with these traits and become their partners, we feel as though we have also acquired these traits through affiliation. Finally, we become whole, we forget whatever it is that we lack.

But what if the person who possesses such a trait also has other traits that are not desirable, or even harmful? One example is when we find an adventurous person, but with a violent streak. Is it worth it? Would you like to have his exciting life even if he hurts you physically and emotionally?

Can you not find this trait in another person who is in control of himself? Or can you not try to grow this trait into your own character?

### **3. We project an illusion of our ideals instead of seeing other people as they are.**

Are you really in love? Or are you just in love with the idea of being in love?

Do you love your partner? Or are you just in love with your illusion of who your partner is?

We fall in love with the wrong people when we're so wrapped up in our illusions that we become blind to the true character of the people we become intimate with.

In this situation, it's like we're using a person, any available person we can cling on to feed some dream or ideal which they may never be able to satisfy. We demand from them things they could never give us. We want to turn them into persons they could never really become.

To find true happiness, we must also accept the truth about other people. It's the only way to let go of those you don't want and then give yourself the chance to find someone you truly desire.

### **4. We don't know what we want in a person.**

Have you so forgotten your own needs that you also forgot what you truly want in your life partner?

I've noticed that people who easily found their partners were the ones who had a clear idea of what they wanted in the other person.

They have been allowed to dream, and they truly believed they can someday meet people who can make them happy.

True love demands truthfulness from your heart. Even if you find certain people you can be with for the moment, you'd just end up pushing them away if you can't find the heart to love them.

Dare to find out what you want. Only then can your desires be satisfied.

### **5. We can't believe we're good enough to find better people.**

It may be that we do know what we're looking for in a person. We know exactly the kind of people who could make us happy. Along the way, however, we were convinced we could never really find them. We were made to believe we don't deserve them or that they don't even exist at all!

How many times have you been told your standards were too high? Does it mean you have to lie to yourself and settle for someone you don't really like? Isn't it unfair for you and that person? Why can't you believe you're good enough to find the person you truly deserve?

To fall in love is not a tedious obligation to be performed, but a blessed opportunity to be grateful for! What kind of person will make your heart leap with joy? What kind of partner can make you feel God loves you?

To fall in love with the right person is to receive a wonderful gift! Which person will you consider as that? As God's "precious gift" to you?

Falling in love with the wrong people doesn't mean we don't deserve to be loved. It doesn't mean we couldn't find the people who could give us lasting joy. But it does mean that we have to make some changes that will break our previous pattern of hurts. It means that we need to start a new process of healing and growth.

We need to give ourselves the time and space we need to see ourselves in a whole new perspective, to see the unique and beautiful person who deserves to be respected and loved.

Today's Activity:

Try to reflect on all of your previous relationships. Do you see a common pattern occurring? What do you think could be the reason why you keep on falling for the wrong kinds of relationships?

## ***Should You End a Relationship Even If You Still Love Each Other?***

There will always be a pain in saying **“goodbye”**.

No matter how much we seem to understand everything, it breaks our hearts to ever see anything beautiful die.

It seems we weren't really made for sad endings, and parting is hardly a word we recall when we enter into a relationship.

How do we know then when to say our goodbyes?

Should a relationship end even if you still love each other?

I used to think love is all we need to keep a relationship. It sounded so simple, so tested, and so romantic. But few of us dare try to answer these questions: What kind of love do we really need? What kind of love can make a relationship work? Is it a love that lets the other person be true to himself? Is it a love that allows both people to grow?

### **What are the signs that love is no longer working in a relationship?**

#### **1. You are being wounded more than you are being healed.**

It's natural to be hurt, but if you are being hurt badly without being healed, you should seriously think about letting go of the relationship that causes you more harm than good.

An emotional wound takes time to heal, sometimes, it requires many seasons of healing. What happens then if instead of achieving this, your hurts pile up and your wounds get even deeper? There will come a time when you can no longer give anything for the relationship, and it will crumble, along with the many broken pieces of your heart.

Good intentions aren't always enough. Your partner may claim that he has the best of intentions, the best plans for you, but if he can't actualize this and only hurts you through the years, he should allow you to find the right person who can assist you better in your healing.

Only love heals. Without this kind of love, the very people who should have helped each other heal would be the very same people who'd end up hurting each other most.

#### **2. You are no longer being allowed to grow, to be the best of who you are.**

Our relationships are not there to cover up for our lack of identity. Rather, it should reinforce our uniqueness and help us to discover the best in ourselves.

When the relationship is already turning you into a puppet, and when it constrains you instead of giving you the freedom to be cherished as you are, then it is no longer working for your growth.

We should have partners that will not stunt our growth but will support us in our journey to improve ourselves and to be the best of who we are.

### **3. You have lost your laughter and/or your dreams.**

Has your relationship become so serious it already drains all joy and hope from within you? A relationship with no laughter is like a home that has lost its warmth. Without this warmth, love slowly dies. For what is there to look forward to? And what is there to savor in the present moment?

Protect your joy, for therein is the strength that will carry you through the difficulties of each day. Protect your dreams. Many times, it is the only light we can see in the darkness of our griefs.

### **4. You are not being helped to love yourself more.**

Is your relationship the kind that helps you love yourself more? Without this, love is being blocked or is not being given at all.

And when our self-esteem drastically fades, later on, our ability to give love will also be affected because we'd start to be demanding. We'd get hurt more easily, and eventually, we lose our trust that our partner really loves us.

### **5. What you're offering can no longer be received, you are not receiving what you need.**

A relationship is an exchange of love. It is the kind of exchange where she is willing and grateful to receive what is being offered to her, and where he is able and more than willing to give what she needs to be happy.

There are times when a person may feel that she is giving more in a relationship. She feels she's always the one who is loving the other person while the other is not giving enough in return. It feels unfair, but we should realize that this love she is giving, this great outpouring of her love is not being received at all!

On the other hand, the other party may need a certain form of love, one that he is not getting from her, no matter how much she's already giving him.

The reason why we're so fond of babies is that they're so open to receiving love. They don't filter out the love we're giving them. They don't expect a lot from us. They don't care how you look like or how old you are, or how good you speak. They don't demand much, but they receive much. They don't hinder the flow of love!

And when love is received like that, when it is truly received, it can't help but be given back. Let us not think that it is only the mother that gives. The love she gives is received in full by her child, and this child, in turn, sends out this love back to her mother. A simple smile from her baby is enough to brighten up her day, just one simple smile, and yet it's full of love being returned.

There is no perfect relationship, and we do not love if we give up with every single difficulty we encounter. But there are times when we have to let the other person go. There are times when we must open our eyes and discern for ourselves what kind of relationship we are committing to. Is this the kind we'd make a vow to cherish for the rest of our lives?

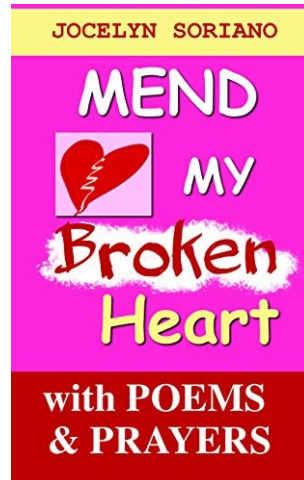
It is never an easy decision, but sometimes, it is only by allowing some things to end could we ever hope to see more beautiful things coming our way.

Today's Activity:

What are some of the things your partner could no longer give you in terms of love? Are there some things you're willing to give but he's not able to receive anymore?

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