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A Word At A Time: Healing Through Words

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A Word At A Time: Healing Through Words

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A Word At A Time: Healing Through Words Cierra Arnold
Cierra Arnold was indeed “on her own,” coping with the inevitable practical issues and, more important, with the profoundly emotional ones. What to do, how to react, reaching out again into the world—struggling to create a new reality for herself while clinging to memories of the past. Her focus is on her own roller-coaster experiences, which work to expose the reader to a remarkable range of reactions to the reclaiming of her life.

Her book—as practical as it is inspiring—will be a help and a comfort to others, and a beacon of hope about the possibilities that remain to us as we deal with our own ups and downs of our reality.

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