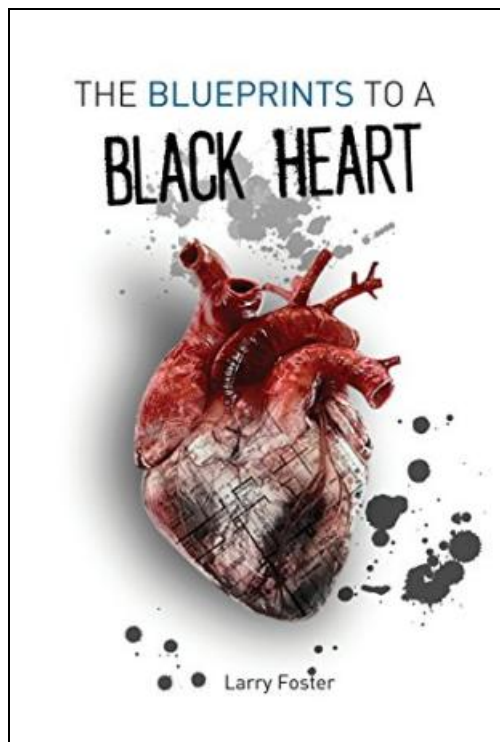


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Anthony Parnell, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Blueprints to a Black Heart is a book that is meant to serve as a tool for elevating your understanding of your connection to life and to the emotions you feel as a result of your life experiences. For many individuals, their life has been filled with turmoil and they never fully recover from the trauma they have endured. The Blueprints to a Black Heart, while meeting you at the deepest depths of your emotions, was written with the goal of showing you a path to self-healing and more specifically the process to healing a black heart. Thus, the overall outlook on life that I wish to convey to those who have suffered or are still suffering is that healing can be found in writing and more importantly in being honest with yourself. Being honest with yourself is the most important step in the process of overcoming any form of addiction, codependency or unhealthy behavior. When we are honest with ourselves, it reveals the way out of darkness by allowing light to come in. Greater soul searching, then, (can) lead to greater understanding of who we are, why we are who we are, and ultimately, help us build confidence in our ability to become who we want to be. In the end, all that really matters is not how much we have suffered--but that just as we have found the blueprint to a black heart--we also can find the blueprint to healing our heart and to becoming whole once again.



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