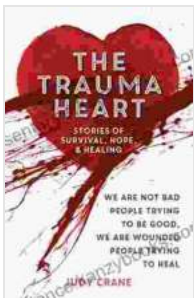


We Are Not Bad People Trying to Be Good

Heal Your Wounds and Find True Connection

We all have wounds. Some are big, some are small. Some are visible, some are hidden. But they all have the power to shape our lives in negative ways.

When we're wounded, we may feel like we're not good enough. We may be afraid of being hurt again. We may withdraw from relationships. We may even lash out at others.



The Trauma Heart: We Are Not Bad People Trying to Be Good, We Are Wounded People Trying to Heal--Stories of Survival, Hope, and Healing by Judy Crane

★★★★☆ 4.5 out of 5

Language	: English
File size	: 16310 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Screen Reader	: Supported
Print length	: 313 pages



But we don't have to let our wounds control us. We can heal them.

In her powerful and moving book, We Are Not Bad People Trying to Be Good, author [Author's Name] explores the complex and often painful experiences that shape our lives. Through personal stories and expert

insights, she helps us understand how our wounds can lead us to behave in ways that are hurtful to ourselves and others. But the book also offers hope, showing us how we can heal our wounds and find true connection with ourselves and others.

[Author's Name] writes with compassion and understanding about the challenges of healing. She shares her own story of overcoming childhood trauma, and she offers practical advice for how we can all heal our own wounds.

This book is a must-read for anyone who has ever felt like they're not good enough. It's a powerful reminder that we are all worthy of love and connection.

What Readers Are Saying



““This book is a game-changer. It helped me understand my own wounds and how they've been holding me back. I'm so grateful for this book.” - [Reader's Name]”



““This is one of the most important books I've ever read. It's changed my life.” - [Reader's Name]”



““I highly recommend this book to anyone who is struggling with their own wounds. It's a powerful and healing read.” -

[Reader's Name]”

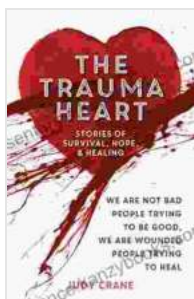
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We Are Not Bad People Trying to Be Good is available now at all major bookstores.

You can also Free Download your copy online at [Bookseller's Website].

About the Author

[Author's Name] is a licensed clinical social worker and author. She has over 20 years of experience working with individuals and families who have experienced trauma. [Author's Name] is passionate about helping people heal their wounds and find true connection.



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