



## The Path to a Peaceful Heart: Tearing Down the Walls of Childhood Trauma and Finding Freedom, Understanding, and Purpose (Paperback)

By Taylor Tagg

Evolving Heart Press, United States, 2012. Paperback. Book Condition: New. 201 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Adversity and Defeat consistently give us an opportunity to transform our lives into a positive course of action. We just dont know how best to do it. The rewards for those who alter their perceptions of adversity are nothing short of miraculous. These students of change find a Peaceful Heart. This is the powerful message of Taylor Taggs new book The Path to a Peaceful Heart: Tearing Down the Walls of Childhood Trauma and Finding Freedom, Understanding, and Purpose. In this wonderful and accessible book, author, speaker, coach, and trauma survivor Taylor Tagg shares generously from the wisdom he gained healing the impact of severe childhood trauma. He poignantly tells an inspiring personal story as he retraces the difficult path out of constant emotional pain into a new life grounded in inner peace. Taylor also turns a professional eye on the twists and turns of his own passage to freedom in order to create a clear roadmap for others to follow.



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