

*Healing Generations*, is nonfiction presenting the truths of how our mental, emotional, spiritual and physical aspects are all tied together: what impacts one impacts the others. Our realities are genetically inherited, and then amplified by our belief systems, our culture and our social environment.

The self-healing process will include the choice to go into our past, no matter how dark it may be, to release the lies, live in the present and move forward; instead of the decision to stay status quo. It will take effort and willingness, but without the internal change one will wonder why life isn't as they say they want it to be, why it continues to repeat the untoward past.

While the experiences I share are factually accurate, the associations about life, others and who I truly am were formed out of the events and not necessarily based in Truth. Thus, some of the content is absolutely fiction, made up by my own perceptual reality of what has happened in my life.

The subtitle *One Breath at a Time* is exactly how we will be released from our demons. This journey toward self-healing, this undoing, is a process that doesn't happen overnight. But we are not alone on this pathway to healing. If we remove the blinders of our own hostility and fear, we will see others walking the same path beside us. Together we will make it, the question is: "Will you come with me?"

Jeanette M. Shaw



With a BA in Psychology, I am a creative educator and guide with over 30 years of teaching experience. I am a knowledgeable practitioner in the fields of Creative Spiritual Direction and Self-healing.

My primary focus is the physical, mental, emotional and spiritual connection and all areas must be addressed to heal the whole being. I facilitate *Healing the Whole Woman™* residential intensives and individual workshops as well as offer one-on-one support services.

For more information or to request a workshop or schedule a session go to [www.healingthewholewoman.org](http://www.healingthewholewoman.org)



HEALING  
GENERATIONS  
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# HEALING GENERATIONS

One Breath at a Time



Dear Friends,

I'm reaching out with a small but meaningful request.

Although the eBook of *Healing Generations: One Breath at a Time* has been available since March 2nd, the **official Amazon release of the paperback is April 24th**—and that day truly matters.

Amazon pays close attention to activity on a book's release day. When there is a wave of purchases and reviews all at once, it helps the book reach more people who may be searching for healing.

**If you feel called to support this work by purchasing the book on that day, I would love to offer you a gift. I've created a "beta version" of the audio-book, and I would be honored to share it with you. If you make a purchase on April 24th, simply reply to this email and I will send it to you.**

**Also, if you feel moved after reading, I would be deeply grateful for a short review on Amazon. Even a few sentences about what stood out to you can make a difference. Your voice helps others find the book and decide if it may support them on their own journey.**

This book is deeply personal to me. It shares parts of my life that many people never saw—but more importantly, it shares what I've learned about healing, and the possibility of changing the patterns we carry.

If this message resonates with you, I would be so grateful to have your support on release day April 24th.

Thank you for walking this journey with me.

With love,  
Jeanette (Jeanie) Shaw

*Healing is possible... one breath at a time.*

**P.S. If you've already purchased or read the book, you can still leave a review on April 24th—it will count toward the release day momentum.**

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***Remember, each of us holds the power to stop the cycle of pain.  
This book is Jeanie's offering to help others do the same — to  
remember to Breathe, be Love, and to live from it.  
Thank you in advance!***

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