

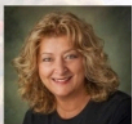
Healing Generations, is nonfiction presenting the truths of how our mental, emotional, spiritual and physical aspects are all tied together: what impacts one impacts the others. Our realities are genetically inherited, and then amplified by our belief systems, our culture and our social environment.

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



HEALING
GENERATIONS
SHAW

HEALING GENERATIONS

One Breath at a Time



A Book Born of Healing — and a Personal Invitation to Join Me

Dear Friends,

After years of deep inner work, teaching, and walking through the healing process myself, I am so grateful to announce my upcoming book:

***Healing Generations: One Breath at a Time* by Jeanette M. Shaw**

This book shares the real, lived journey of breaking generational patterns — physical, mental, emotional, and spiritual — and finding my way back to Love. It is written for every person who has ever asked, "Can the pain really stop with me?" The answer is yes — one breath, one realization, one forgiveness at a time.

Each chapter carries both the raw honesty of experience and the practical tools that have helped hundreds of women (and men) in my workshops to find restoration, peace, and purpose. This book is both a story and a guide to living from the inside out — with courage, forgiveness, and the remembrance of who we truly are.

Thank you for walking beside me in this journey of healing, teaching, and Love. Together we truly can heal generations — one breath at a time.

With Love and Gratitude,
Jeanette M. Shaw
d.b.a. Mind, Heart & Being

<https://healingthewholewoman.whyagain.org/healing-generations-one-breath-time/>

How can you help?

To bring this message of healing to print and global distribution, I've partnered with **BookBaby** to publish and distribute *Healing Generations* in both print (\$19.99) and eBook (\$9.99) form. The production and distribution costs are substantial, and I am inviting those who believe in this mission — friends, readers, and fellow travelers — to be part of birthing it into the world.

If you feel led to support, you can help in one of these ways:

- **Make a love donation toward the publishing and printing costs.**
- **Pre-order a signed copy (\$25.00) — your pre-order helps cover the initial print run.**
- **Share this message with someone you know who would be blessed by it.**

Every bit of support — prayer, encouragement, or contribution — helps this work reach more hearts.

Ways to Contribute

You can give directly through:

- **PayPal: jeanettemshaw@msn.com**
(after entering the amount in your PayPal account, please click "Sending to a friend" or "Friends and Family" and PayPal will not charge a fee.)
- **Venmo: jeanettemshaw@msn.com** (no fee)
- Check or mail-in donations to: **Jeanette Shaw, P O Box 1901, Bristol, TN 37621**

Or simply reply to this email, and I'll share more details.

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

Jeanette Shaw | P O Box 1901 | Bristol, TN 37621 US

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