

**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

JEANETTE SHAW

**We do realize that this week we have sent a lot of e-mails, we normally only send one a month; however, we are pushing to get Jeanie's book out there. Help support us in this endeavor! (Please share)**

**TODAY IS YOUR LAST CHANCE! The special launch-week offer for "HEALING GENERATIONS: ONE BREATH AT A TIME" ends Friday, March 13, 2026!**

BUY the Kindle version and have that \$9.99 credited toward your signed, personalized physical book! Act now!

— GRAB THE E-BOOK:

<https://www.amazon.com/Healing-Generations.../dp/B0GQWJ4CMK/>

— LEAVE A REVIEW: Share your experience on Amazon to help others find these healing tools!

— CLAIM YOUR CREDIT: Pay for your physical copy (\$18.00) here:

<https://whyagain.org/healing-generations/> then email your review and shipping info to [Jeanie@whyagain.org](mailto:Jeanie@whyagain.org).

Thank you to everyone who has already supported this launch. We are seeing lives change in real-time on the Mindshifters Radio Show, and we want you to be part of this community!

JEANIE READS "HEALING GENERATIONS: ONE BREATH AT A TIME!" Join us today at 1 PM Eastern on our MindShifters Radio Show! Here are the links for the past 4 shows:

March 9, 2026 MindShifters Show #1 <https://youtu.be/olufj7sMH0Q>

March 10, 2026 MindShifters Show #2 <https://youtu.be/a6fIis8SshU>

March 11, 2026 MindShifters Show #3 <https://youtu.be/XjfAoYRv4gI>  
March 12, 2026 MindShifters Show #4 <https://youtu.be/vQaKTYTcagk>

To join her live each day... and stay engaged with a healing stream, with minimal effort, I would suggest joining us on MindShifters Radio 5 days a week from 1-2 PM EASTERN Time. Listen. Participate. Ask for support and ask all the questions you have!

Here is the link... All you need is the free Zoom App on your phone or computer...  
To Join just hit this link and the show will automatically open and you will be listening...  
<https://us02web.zoom.us/j/84613824189>  
Meeting ID: 846 1382 4189 No Password Required.

For thousands of hours of ARCHIVES go to:  
[https://www.youtube.com/michaelryce\\_whyagain](https://www.youtube.com/michaelryce_whyagain)

I am so proud of Jeanette Shaw, the Love of my life, on Kindle's release of her new book,  
"HEALING GENERATIONS: ONE BREATH AT A TIME!"  
<https://www.amazon.com/Healing-Generations.../dp/B0GQWJ4CMK/>

There is an active, living community behind the book... Here to support you! See below for BOOKCLUB, SUPPORT COMMUNITY AND LIVE MINDSHIFTERS RADIO SHOW SUPPORT!

If there is pain and trauma in your family system — in your life — it probably didn't begin with you! What if it comes to an end through the work you choose to do?

Jeanie's writing is life altering! In Healing Generations: One Breath at a Time, Jeanette M. Shaw shares her deeply personal journey of breaking generational patterns of trauma, abuse, and self-doubt. She illustrates, through her own gritty example, how to recognize inherited emotional patterns and exactly how to:

- release fear, hostility, and false beliefs
- heal generational wounds
- return to your true nature — Love!

Both a detailed, very personal memoir and a deep practical tutorial, One Breath At A Time offers powerful tools and a supportive community to assist readers as they build self-healing skills and the knowledge needed to free themselves from codependence, physical and emotional pain, and generational patterns of abuse and victimhood!

One breath at a time takes a deep, practical dive into abuse recovery and mind/body/emotional and nervous system healing. It also addresses inner child healing using StillPoint Breathing™ and the 1st Century Aramaic Forgiveness Process™ as it transforms lives and heals family legacies.

I've been a first hand witness to the dedication, raw honesty and heart she has poured into these pages, and I'm thrilled that it's finally out there in service to the world! If you are looking for practical tools for self-healing and personal growth, and personal support in using them, please check it out!

<https://whyagain.org/healing-generations-book-club/>

Your support in sharing this newsletter, buying the e-book, AND PLACING YOUR REVIEW will help to boost her rating quickly on Amazon's algorithm!

AGAIN, HOW TO GET A CREDIT FOR YOUR PURCHASE OF THE E-BOOK ON KINDLE (OFFER ENDS TODAY): IF you buy the digital book on Amazon, we will deduct

the \$9.99 you paid Amazon off your purchase of the physical book!

— BUY THE E-BOOK ON KINDLE for \$9.99 (Amazon):

<https://www.amazon.com/Healing-Generations.../dp/B0GQWJ4CMK/>

— LEAVE A 5-STAR REVIEW (WITH A WRITTEN REVIEW)

— CLAIM YOUR CREDIT: Pay for your physical copy (\$18.00) here:

<https://whyagain.org/healing-generations/> then email your review and shipping info to [Jeanie@whyagain.org](mailto:Jeanie@whyagain.org)

— Send her a copy of your review, the inscription you want, your shipping address and payment of \$18.00 and we will send out your personalized, signed book! (The physical book is normally \$19.99 + \$8.00 S&H = \$27.99.) To say thank you for your e-book purchase and review we will deduct the \$9.99 you paid to Amazon. This way you receive both the signed book AND the digital copy for the same price as the delivered physical book alone!

— Please click <https://whyagain.org/healing-generations/> to make the \$18.00 payment.

ALSO: IF YOU WANT TO SUPPORT JEANIE ON THE NEXT LEVEL YOU CAN BUY A FULL CASE, 32 BOOKS, FOR 50%, (\$10.00 EACH) + \$35.00 S&H (anywhere in the US) and give the book as gifts, place them in libraries, start a Book Club\*, or sell them.

\*Jeanie will be facilitating a book club and community support system to go through the book as well. See <https://whyagain.org/healing-generations-book-club/>

WE INTRODUCED THE BOOK ON OUR MINDSHIFTERS RADIO SHOW with Michael interviewing Jeanie. on Monday, March 9, 2026. From there Jeanie is reading through parts of the book and facilitate an open discussion of the topics brought forward by listeners on the show!

Please join us Monday-Friday, 1-2 PM EASTERN Time, via ZOOM

<https://us02web.zoom.j/84613824189>

Meeting ID: 846 1382 4189 No Password Required.

It may take us several weeks to get through the whole book.

Healing doesn't happen overnight. But it can begin right now!

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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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