

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



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GENERATIONS
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HEALING GENERATIONS

One Breath at a Time

JEANETTE SHAW

**Would you like a free digital copy of "Healing Generations One Breath At A Time"?
Help me build my rating on Amazon.com and you will have both the digital, and a signed copy of the physical book in your hands for \$18.00!**

**The book retails for \$19.99 + \$8.00 S&H if you order direct after this offer
EXPIRES next Friday.**

Dear Friends,

With a full and grateful heart, I'm happy to share that *Healing Generations: One Breath at a Time* is now AVAILABLE to purchase and I will be shipping books next week!

HOW IT WORKS: IF you buy the digital book on Amazon (today/tomorrow is best) or anytime the week of March 6-13, I will deduct the \$9.99 you paid Amazon off your purchase of the physical book!

I am making this offer to get the book out there but also to boost our rating quickly on Amazon's algorithm. Will you support me?

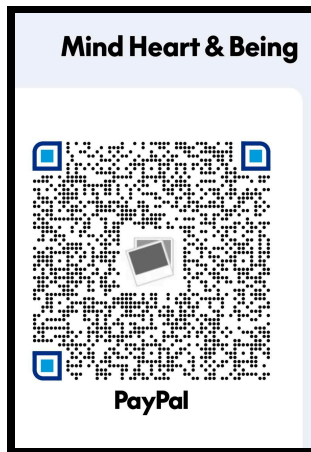
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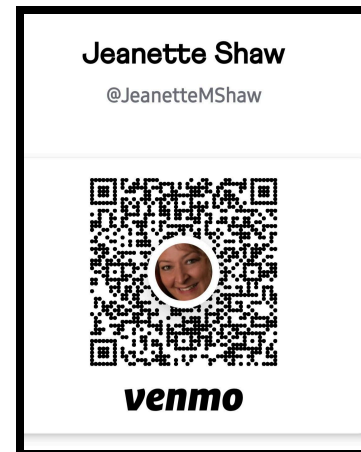
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What began years ago as a deeply personal healing journey—one breath, one truth, one release at a time—has now taken its final form in print. This book carries not only my story, but the living tools, insights, and practices that have supported healing across generations, families, and relationships.

Bringing this book to completion has been both humbling and affirming. Along the way, I was reminded again and again that healing does not arrive all at once—it unfolds quietly, faithfully, when we are willing to stay present, question old stories, and return to Love. That is the spirit in which this book was written, and it is the spirit I hope readers will feel on every page.

Most of all, thank you—for your encouragement, your presence, your prayers, and for walking alongside me in this long and meaningful journey. This book exists because healing is possible, and because none of us walks this path alone.

For those who feel called to share this work in community, I'm also offering a 50% case discount for group purchases. If you would like to use *Healing Generations: One Breath at a Time* for a book study, small group, healing circle, church group, or classroom, you may purchase cases of 32 books at \$10.00 per book plus shipping. This option is meant to make the work more accessible and to support conversations, shared healing, and collective restoration. Healing deepens when it is lived and explored together. If this feels supportive for you or your community, please reach out directly for ordering details.

I am planning an online group to go through the book and tools together in the near future. Watch for updates at <https://whyagain.org/healing-generations-book-club/>

With deep gratitude and Love,
Jeanette (Jeanie) Shaw
d.b.a. Mind, Heart & Being

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

***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 Breathe, be Love, and to live from it.
Thank you in advance!***

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