

Journey with Grace



**Finding Freedom
Through a Transformed Life**

SARAH GRACE

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- Do you want to feel confident and comfortable in your own skin? Reading this book can turn confusion into clarity, fear into peace, anxiety into creativity, doubt into trust. You will discover confidence in your path ahead and find new freedom in your everyday life.
- The challenge of unpacking our personal journey and seeing what is really going on emotionally is a privilege that each of us can go through if we choose to.
- When we decide to really get to know ourselves improve ourselves and feel comfortable in our own skin the ripple effect to others is contagious. So often we are afraid of appearing self-centred but who else is going to do it? We need our own journey.
- Sarah Grace shares how she and others have gone there and hopes you can too. Journey with Grace so you don't have go there alone.

AUTHOR BIO

Sarah Grace is an integrative psychotherapist in private practice and a director at Malcolm Down and Sarah Grace Publishing. Embracing her own life journey with dyslexia, she uses her counselling and coaching skills, including equine therapy, to work closely with clients helping them lead a more fulfilling life. *Journey with Grace* is Sarah's first book.

ENDORSEMENTS

'In this brave book Sarah Grace puts her life on the line in every sense. Woven throughout the book is the story her life's journey and its vicissitudes. Ultimately it is a tale of optimism, faith and of light coming out of darkness. The moving accounts of those she has met along the way, will inspire others to keep going through their bleakest times. Spiritual and emotionally engaging it bears witness to the ways in which hope and meaning may emerge where least expected.'

Joy Schaverien PhD, Jungian psychoanalyst, author of Boarding School Syndrome

'It's been said many times people relate more to your scars than your success stories, in this relatable, honest and vulnerable book Sarah tells us story with real authenticity.'

Patrick Regan OBE, Kintsugi Hope

Sarah
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