

Living Stories

When we hear how others have managed the rough terrain of life it can lift us to a place of hope and encourage us to take one more step on our own path. Sandy Thibault is the author of *Selma's Spirit: A Story of Love and Forgiveness, A Journey to Peace*. The following is a review of her book

Selma's Spirit is the story of one woman's willingness to turn towards the excruciating pain of childhood physical, emotional, and sexual abuse and embrace herself and her past with forgiveness, love and acceptance.

In the society we have created today, unfortunately the story of Sandy's horrific abuse is not unfamiliar. What is remarkable is her ability to find and affirm herself in the midst of haunting memories, relentless physical and emotional reminders, and unconscious and conscious probing to move into and through this pain.

This book is meaningful, not so much because of the story it tells, but because of the insight you will gain into this extraordinary woman and the courage, power, and wisdom she demonstrates in healing her life and opening her heart to heal others with similar pain.

Sandy will share her story and how her life was transformed through perseverance, inner knowing, and trust. We hope you will join us for this important time to uncover within yourself what Sandy learned is within her.

Sandy Thibault is a Therapeutic Life Coach and business partner in Burnsville Counseling and Healing Center. She is also cofounder of the Institute for Peace and Joy. If you wish to read her book, it is available for purchase in our office.

Date: Friday, September 26

Time: 7:00 PM

Cost: \$10

Location: Burnsville Counseling and Healing Center
17305 Cedar Ave. Suite 230
Lakeville, MN. 55044

Web Site: www.counselingandhealing.com Phone: 952-435-4144

Please complete the registration below and return it to the above address.

You may also register by phone if you are paying by credit card.

Living Stories Registration form

Name: _____

Address _____

City, State, Zip _____

Phone _____

Email Address: _____

Check here to receive e-mail information and personal growth helps.

I am paying in cash or check Make Checks Payable to Burnsville Counseling and Healing Center \$10.00

Visa MC Am. Ex \$10.00 (circle one) Card # _____

Expiration Date: _____

Signature: _____