



One Bullet Two Hearts: Turn Depression to Hope, Honor Oneself for Personal Empowerment (Paperback)

By Linda J Trubey

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. One Bullet Two Hearts, begins with the dramatic true story of the suicide of Samantha Paine (names have been changed to protect the privacy of family members). The author and close family member takes the reader behind the scene to look at what Paul Harvey called; The REST of the story. Unresolved emotional issues can cause depression, sickness, and disease. We must go through the pain and clear our body of these emotionally charged memories so we can experience peace. Living a lie will take up a lot of energy and keep you stuck in your past. Confront your past to become more fully present and enjoy a brighter future. There are six chapters in this book: Chapter 1 Samantha s Suicide. Choices have consequences Chapter 2 The REST of the story. Parents pass their beliefs to their children Chapter 3 Are Anti-depressants the solution? .Professional Counseling helps Chapter 4 H.O.P.E. There is always hope for your future..Just Ask for it Chapter 5 Emotional Baggage needs to be handled properly..Journaling can help you heal faster Chapter 6 Signs and Symptoms of Depression...

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