



## Give Yourself Permission to Shine Through Faith I Found Love

By Grace King

BalboaPress. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Grace King was an only child brought up by her mother, a single parent. She had a normal childhood and was always a high achiever with a positive attitude. But without her father's acceptance and love, underlying feelings of rejection, inadequacy, and guilt engulfed her. Her great-grandmother died, and Grace had her heart broken by her first love; guilt, regret, and self-hatred soon set the foundation for her to fall victim to the vicious grip of bulimia. For more than ten years, she struggled to free herself from bulimias hold and became lonely, depressed, and desperate. After years of self-destruction, disappointment, and regret, her conscience collapsed, and she longed for her healthy and meaningful life back more than ever. Grace was forever grateful for the friendships she forged and for the relationships she endured, knowing how much they had taught her about the meaning and purpose of life. She was always hopeful that one day, looking in the mirror would bring back the feeling of acceptance and happiness to a now repulsed, sad, and lost soul. She embarked on a transformational journey that depended on the choices...



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