

# "Broken to Peace: A Transformative Journey of Healing and Hope" by Neejay Sherman



**Broken to Peace** by NeeJay Sherman

★★★★☆ 4.9 out of 5

Language : English

File size : 1034 KB

Text-to-Speech : Enabled



Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 68 pages  
Lending : Enabled



In the tapestry of life, we often face experiences that shatter our sense of peace and leave us feeling broken. Trauma, loss, and adversity can weigh heavily on our souls, obscuring the glimmer of hope that lies within.

But even in the darkest of times, there is always a glimmer of light that guides us towards healing and wholeness. Neejay Sherman, author of the deeply moving memoir "Broken to Peace," invites us on a transformative journey of healing and hope.

Through her poignant storytelling and unwavering spirit, Neejay shares her personal experiences of trauma, including childhood abuse, addiction, and suicidal ideation. She paints a vivid picture of the pain and darkness that consumed her life, but her story extends far beyond the depths of despair.

With raw honesty and profound insight, Neejay delves into the therapeutic modalities that helped her heal and reclaim her life. From trauma-informed therapy to mindfulness meditation and somatic experiencing, she offers practical tools and strategies that empower readers to navigate their own healing journeys.

Central to Neejay's healing process was the transformative power of forgiveness. She shares how forgiveness freed her from the chains of resentment and allowed her to break the cycle of pain that had haunted her for years.

"Broken to Peace" is not merely a story of survival; it is a testament to the indomitable spirit that resides within each of us. Neejay's journey is a beacon of hope for anyone who has experienced trauma or adversity, demonstrating that even in the face of profound challenges, healing and wholeness are possible.

Through her compelling narrative and practical wisdom, Neejay empowers readers to:

- Understand the nature of trauma and its impact on the mind and body
- Access therapeutic modalities that promote healing and recovery
- Cultivate self-compassion and forgiveness
- Break the cycle of pain and create a life of purpose and meaning

"Broken to Peace" is a must-read for anyone seeking to heal from trauma, embrace hope, and reclaim their inner peace. Neejay Sherman's transformative journey is a testament to the resilience of the human spirit and the power of healing.

Available now on Our Book Library, "Broken to Peace" is an invaluable resource for anyone seeking to find hope and healing in the aftermath of trauma.

**About Neejay Sherman**

Neejay Sherman is a survivor, healer, and author. She is the founder of Broken to Peace, a platform dedicated to empowering trauma survivors on their healing journeys.

Neejay's work has been featured in various publications and media outlets, including The Huffington Post, Thrive Global, and The Mighty. She is a sought-after speaker and advocate for trauma awareness and healing.

## Contact Information

For more information or to book Neejay Sherman for speaking engagements, please visit her website at <https://brokentopeace.com>.



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