



# Love Is... Isn't ~ Workbook: The Journey Within

*Tamara Bernadette*

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## **Love Is... Isn't ~ Workbook: The Journey Within** Tamara Bernadette

So you've made mistakes and you're at a crossroads in our life. You're stuck and you don't know what to do. Nothing is the way it was before. Everything is out of control, but who's to blame? Are you asking yourself how you got to that point? Are you thinking maybe you're ready for change but not sure where to start? Are you ready to get to the root of the issues you have inside? Are you ready to face yourself? This is a good place to be to start your quest to reveal the woman you truly can be. Maybe it's just to get back to who you were before. Maybe you need to see yourself for the first time; the way you have loved along the way in your life. Over time you lose focus, get off track and one day you realize something has got to change, and it starts with you. This workbook is to guide you in the journey; a safe place to connect with who you are and who God designed you to be. Some say we get to a place in our life that it's too late to change. But with God, all things are possible. This book is for you if you are ready, to be honest with yourself and stop searching for answers outside of you. This workbook was written from the experiences that brought Bernadette to the changed woman she is today. She not only asked herself these question, she lived them out. Although it was through many challenging years for her, this workbook is designed to help you answer these now, in your own safe space and meet Jesus along the way to change. Are you ready?

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