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Living Hope: Steps to Leaving Suffering Behind

Lynne Cockrum-Murphy

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Living Hope: Steps to Leaving Suffering Behind Lynne Cockrum-Murphy
A short but powerful **true story of loss, starting with a house fire that killed Lynne Cockrum-Murphy's sisters and father and left her badly burned when she was just 30 months old**, and follows the life that grew out of that tragedy. Instead of giving in to a family history of **dysfunction** she writes about dealing with **loss, family alcoholism and chaos**, an **eating disorder** and shows that **there is a way to move beyond the events of the past**.

Interwoven in the story are **actions, steps, tools and even a reading and movie list to help you** move forward **into a life filled with spirituality, meaning and purpose.** The story is a model of hope, action and success.

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