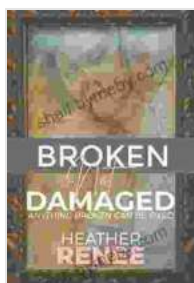


Broken Not Damaged: Anything Broken Can Be Fixed

Have you ever felt broken? Like you're just not good enough? Like you'll never be able to achieve your dreams?



Broken Not Damaged: Anything Broken Can Be Fixed

by Heather Renee

★★★★★ 5 out of 5

Language : English
File size : 703 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 60 pages
Lending : Enabled



If so, you're not alone. Millions of people around the world feel the same way. But the truth is, you're not broken. You're just damaged.

And anything broken can be fixed.

That's the message of *Broken Not Damaged*, a powerful and inspiring book by author and speaker Brooke Castillo.

In *Broken Not Damaged*, Castillo shares her own story of overcoming adversity. She was raised in a dysfunctional home, and she struggled with

addiction and eating disorders for many years. But through it all, she never gave up on herself.

Castillo eventually found her way to recovery, and she now uses her platform to help others do the same. In *Broken Not Damaged*, she offers a roadmap for healing from your past and living a fulfilling life.

Castillo's book is divided into three parts:

1. **Part 1: The Brokenness**
2. **Part 2: The Healing**
3. **Part 3: The Fulfillment**

In Part 1, Castillo explores the different ways that we can become broken. She discusses the impact of trauma, abuse, neglect, and addiction.

In Part 2, Castillo provides a step-by-step guide to healing from your past. She teaches readers how to forgive themselves and others, how to let go of anger and resentment, and how to build a strong foundation for a healthy and happy life.

In Part 3, Castillo discusses the importance of living a fulfilling life. She teaches readers how to find their purpose, how to set goals, and how to achieve their dreams.

Broken Not Damaged is a powerful and inspiring book that will help you overcome your past and live a fulfilling life. If you're ready to heal from your past and start living your best life, then this book is for you.

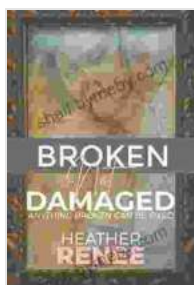
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Broken Not Damaged is available in paperback, hardcover, and ebook formats. Free Download your copy today and start your journey to healing and fulfillment.

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Image alt attributes:

* **Book cover:** Broken Not Damaged: Anything Broken Can Be Fixed by Brooke Castillo * **Author photo:** Brooke Castillo, author of Broken Not Damaged * **Broken heart:** A broken heart, representing the pain and damage that we can experience in life * **Healed heart:** A healed heart, representing the possibility of healing and recovery * **Happy woman:** A happy woman, representing the fulfillment that is possible after healing from past trauma



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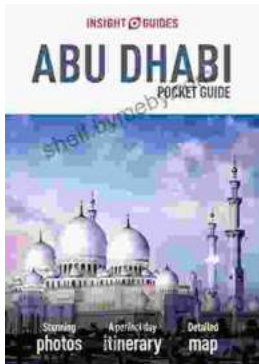
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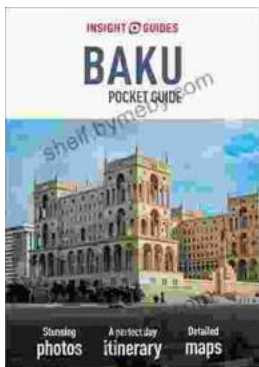
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