



# FINDING LIGHT IN THE DARKNESS: A YOUNG WOMAN'S JOURNEY

*Jenna E. Bernard*

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## **FINDING LIGHT IN THE DARKNESS: A YOUNG WOMAN'S JOURNEY** Jenna E. Bernard

Have you ever felt lost and confused with no direction? Have you felt like giving up, because going on would be too hard? You're not alone; so many people have experienced these struggles. Finding Light in the Darkness offers a collection of poetry and journal entries covering five years of a young woman's life as she faced these difficult times. Diagnosed with clinical depression, author Jenna Bernard quickly lost herself in a cloud of confusion, fear, and anger. She stepped into a whirlwind of substance abuse to cope with the obstacles in her life she was not prepared to handle. By finding faith in God, however, she was able to ultimately find faith in herself. Her poems emerged from a very deep place within her soul—a child desperate for someone to hear her voice. Inspired to compile her poetry into a collection after entering outpatient treatment in February of 2007, Bernard hopes that her response to her hardships will give strength and hope to others who are struggling. She offers living proof that circumstances can change, miracles do happen, and life does get better.

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Reading can called brain hangout, why? Because if you find yourself reading a book especially book entitled FINDING LIGHT IN THE DARKNESS: A YOUNG WOMAN'S JOURNEY your head will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely will become your mind friends. Imaging just about every word written in a book then become one web form conclusion and explanation in which maybe you never get before. The FINDING LIGHT IN THE DARKNESS: A YOUNG WOMAN'S JOURNEY giving you a different experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us explain to you the relaxing pattern here is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

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Is it an individual who having spare time and then spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This FINDING LIGHT IN THE DARKNESS: A YOUNG WOMAN'S JOURNEY can be the answer, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these books have than the others?

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