



Holding Onto Hope: 10 Keys to Hold Onto Hope Even When it all Seems Hopeless

Kristy-Lea Tritz

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Do you ever feel like hope is slipping through your fingers? Like if one more thing gets added to your plate you will break? Are you tired of struggling through life facing one obstacle after another feeling lonely, isolated and lost? Even when it feels like everything in life is crumbling around you there is HOPE! Holding onto Hope: 10 Keys to hold Onto Hope Even When it all Seems Hopeless provides a step by step guide to helping you overcome difficulties, find peace and have a renewed sense of hope in your life. Also Containing Personal Stories From: Kristy-Lea Tritz, Nicolas Westgeest, Debbie Franklin, Autumnne Stirling, Janea Trapp, Brenda Young, Mofoluwaso Ilevbare, and Hristiana Georgievra who have “been there”

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