

Meditations for a Healthy Mind & Heart is preparation for those battling mental illness because of abuse or other trauma and stressor-related disorders. Chanel Pryor offers a series of important lessons, honest advice, scriptures, prayers, and key points for handling some of life's toughest challenges.

After suffering many forms of abuse including molestation, addictions, an identity crisis, and mental health issues, Chanel freely shares how she found healing and the will to keep going.

Gain priceless pearls of wisdom obtained from real-life, personal battles that will help make conquering your struggles easier, like:

- Creating positive coping mechanisms
- Building a powerful and consistent prayer life
- Incorporating scripture into daily routine

“This book was not written to shame anyone but to strengthen you in the fight for your life and encourage a continuous faith in God who strengthens us all!”

-Chanel T. Pryor