



# **A Brave, True Story: A Transformational Memoir about Healing Family Ties and Relationships**

*Natalie Jovanic*

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## **A Brave, True Story: A Transformational Memoir about Healing Family Ties and Relationships**

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A Brave, True Story is a heartfelt and inspiring memoir that reveals how it is possible to heal from abusive relationships and live with passion, purpose and fulfillment. It provides an insightful exploration into the world of relationships, emotions and recovering from dark experiences of the past.

Natalie Jovanic is a successful relationship mentor, but her past hasn't always been so rosy. As a young child, she was not supported or protected and as a result, grew into a woman who, in her own words, 'had abandoned herself'. She entered into unhealthy relationships that she considered to be normal and didn't expect anything better.

Then, a trip to Thailand opened her eyes about the negativity of her relationships and she began to follow her inner voice. By recognizing the destructive patterns, Natalie cleared them out through different healing methods and replaced them with healthy ones. This empowered her to say "no" to unhealthy relationships and changed the course of her life into fulfillment.

She recovered her deep love for herself and was finally able to put painful emotions from the past to rest, for good. The memoir is delicately built around reconstructed dialogue and incidents. Natalie successfully recreates her inner monologues and gives clear images about her inner process.

'A Brave True Story' is Natalie's deeply personal account of her transformational journey from a past of abuse and manipulation in order to have love and freedom. It is the story of a woman who dreamed of being healed and whole - and she triumphed.

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