

To Light The Way

Content

To Light The Way by Karen Lynne.

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At 6 years old, Karen began a life full of big lessons, marked by the death of her beloved Mum. The cruelty of a stepmother in her teenage years left Karen feeling lost and alone in the world and by 16, she couldn't take anymore and left home. The challenges continued through miscarriages, infertility, affairs, divorce and bankruptcy, but her biggest challenge was marriage to an emotionally abusive man.

Through each of these Karen grew a little stronger, wiser and kept moving forwards. But how much manipulation, pain and inner strength would she have to take before she truly understood the words of a dishevelled stranger in an empty laundrette: "Know Your Own"?

Thirty years later, Karen now fully understands the value of his words and shares her perspective on the events and people in her life, so that she can light the way for others. Karen writes with a raw honesty and strong sense of humour about the lessons she has learned, so that you too can Know Your Own Worth and have the courage to say You cannot Treat Me This Way.

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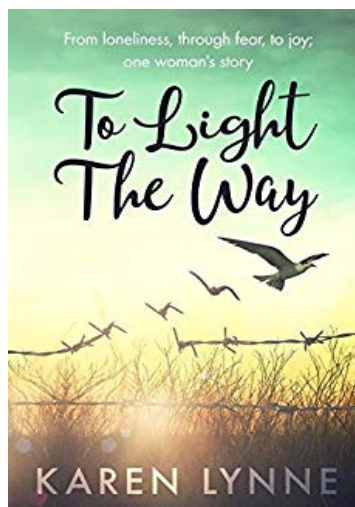
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