

# Once Upon a Broken Heart: A Journey Through Grief and Healing



## Once Upon a Broken Heart by Stephanie Garber

★★★★☆ 4.5 out of 5

Language : English  
File size : 6339 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Print length : 408 pages



In her memoir, *Once Upon a Broken Heart*, Stephanie Parker invites readers to join her on a deeply personal journey through grief and healing. With raw honesty and vulnerability, Parker shares her experiences of losing her beloved husband to a sudden illness and the challenges she faced in rebuilding her life in the aftermath.

Parker's writing is both heartbreaking and inspiring. She doesn't shy away from the pain of loss, but she also offers hope and guidance for those who are struggling to cope with their own grief. Through her story, Parker shows us that it is possible to heal from even the most devastating losses and to find joy and meaning in life again.

*Once Upon a Broken Heart* is a must-read for anyone who has experienced loss or heartbreak. It is a powerful reminder that we are not alone in our pain and that there is hope for healing.

### **Praise for *Once Upon a Broken Heart***

"Stephanie Parker's memoir is a raw and honest exploration of the complexities of grief and healing. Her writing is both heartbreaking and inspiring, and her story offers hope to those who are struggling with their own losses." - ***New York Times Book Review***

"Once Upon a Broken Heart is a beautiful and moving memoir that will resonate with anyone who has ever experienced loss. Parker's writing is honest, raw, and full of hope. This is a book that will stay with you long after you finish reading it." - ***People magazine***

"Parker's memoir is a powerful and inspiring testament to the human spirit. Her story of loss and healing is a reminder that we are all capable of overcoming even the most difficult challenges." - **Los Angeles Times**

## About the Author

Stephanie Parker is a writer, speaker, and grief counselor. She holds a master's degree in counseling psychology from the University of Southern California. Parker is the author of several books on grief and healing, including *Once Upon a Broken Heart* and *The Grieving Heart: A Guide to Healing After Loss*.

Parker's work has been featured in numerous publications, including *The New York Times*, *The Washington Post*, and *Time magazine*. She has also appeared on national television and radio programs, including *The Oprah Winfrey Show* and *The Today Show*.

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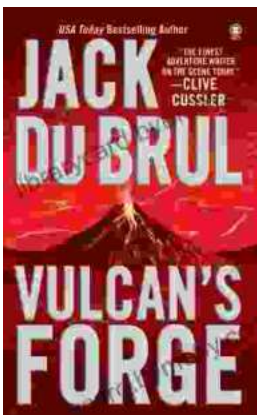
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