

Dallas Author's New Book Empowers Childhood Trauma Victims to Find Healing and Live Purposeful Lives

ANEW

LIVING *Life*
AS A BETTER
You



SHYRA SMITH

Dallas, Texas Jan 27, 2024 ([Issuewire.com](https://www.issuewire.com)) - Author Shyra Smith has thrown a lifeline to individuals struggling to move past childhood trauma with her new book, *Anew: Living Life As a Better You*, set to launch on February 1, 2024.

Experts estimate that more than half of the population will experience a traumatic event in their life. But childhood trauma can be the most destructive. [Research](#) has linked childhood trauma to the development of several psychiatric conditions such as depression and anxiety and chronic illnesses in later life. Moreover, one study found that unresolved trauma in mothers can result in [intergenerational transmission of trauma](#). But life doesn't have to continue like this.

Smith offers redemptive hope within the pages of her awe-inspiring guide designed to help readers break free from childhood trauma and live purpose-driven lives. The author draws on scientific research, her own experience and Holy Spirit-led insight to provide a framework for understanding trauma and the effects of limiting childhood beliefs. She also reveals how hidden generational patterns can impact relationships and how the devil uses trauma against people. Readers are then taken on a healing journey with practical steps to break generational patterns and renew the mind to start experiencing success, growth, and God's unconditional love.

Shyra Smith is also a Certified Professional Life Coach who is passionate about helping people discover their potential and live their best lives. When asked about her motivation for writing the book, she explained: "I've spoken with and witnessed so many people who struggle with familial relationships but cannot process their feelings and feel stuck. These pent-up feelings can cause continual stress in their lives and affect them mentally and physically. I wrote this book from a place of understanding. Especially for those who were parented by parents with unresolved trauma. It will allow the reader to shift their perspective and discover a better way to handle challenging situations and how to live a better life anew."

Anew: Living Life as a Better You is a liberating resource that will inspire anyone dealing with the effects of childhood trauma. Smith challenges readers to renew their minds daily through Jesus Christ to experience breakthroughs and victory. She said: "The process of renewing your mind only truly works when you are willing to surrender to a truth more powerful than the lies you've been told- God's truth."

Professional Editor, Reba Hilsbert, has wholeheartedly endorsed the book. She said: "What a well-crafted, well-written guide! I'm confident that readers will find comfort and inspiration in it and actual steps to tackle the overwhelming trauma in their lives. So many self-help guides fail to give the reader these tools, but this book makes the healing process manageable and relatable."

Anew: Living Life as a Better You is available in hardcover, paperback and ebook formats. For further information, visit: <https://www.shyrasmith.com>

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