

Eastern Illinois University

The Keep

Faculty Research and Creative Activity

Teaching, Learning, & Foundations

January 2010

Foreword

Mildred M. Pearson Dr.

Eastern Illinois University, mmpearson@eiu.edu

Follow this and additional works at: https://thekeep.eiu.edu/eemedu_fac



Part of the [Teacher Education and Professional Development Commons](#)

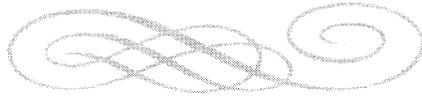
Recommended Citation

Pearson, Mildred M. Dr., "Foreword" (2010). *Faculty Research and Creative Activity*. 23.

https://thekeep.eiu.edu/eemedu_fac/23

This Article is brought to you for free and open access by the Teaching, Learning, & Foundations at The Keep. It has been accepted for inclusion in Faculty Research and Creative Activity by an authorized administrator of The Keep. For more information, please contact tabruns@eiu.edu.

FOREWORD



From Broken to Beautiful is an astounding book that can serve as a life long guide to help lead you to healing, peace, transformation, and serenity. Even if you are not broken in spirit, you can benefit from this book because it speaks to every individual who may have been broken at one time in his or her life. It gives advice on how to achieve and maintain a healthy and balanced life so that you will understand and appreciate your inner beauty. People from all walks of life can relate to the author's voice, as she so humbly shares her own story. This book provides hope to so many that may be living a life of despair, a life of fear, or a life of just mere deception. If you have been broken in any of these or other areas of your life, you will learn how to move from broken to beautiful.

You will learn about topics such as the importance of forgiveness, the caution areas of relationships, and the understanding of prosperity and happiness. Layer by layer, line by line the author reveals key components to assist you on your journey.



The book is divided into three parts.

Self-Awareness:

The author uses the magic of self-awareness as the catalyst for opening new vistas of possibilities through focused intention, opening the heart, and making a contribution to others and the world at large.

Meditation and Exercises:

Thinking and reflecting on the content of each chapter in a structured left-brained manner that, in turn, will foster even more right brain creativity, you will be inspired through the use of various techniques as you learn exercises to enhance your mind, improve your body, and speak to your soul.

Transformation:

Through a story of self-revealing insights, you will discover new ways of transforming into who you were meant to become. Lisa Hardwick's insights allow virtually anyone from any background or traumatic past to say, "Ahh...I'm not alone; she did this, and I can too!" You will find hope as you read between the lines, and her story can become your story.

~ Dr. Mildred M. Pearson
Associate Professor
Eastern Illinois University