



# Breaking the Mirror: Seeing your Inner Strength

*Scarlett Andrews*

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## **Breaking the Mirror: Seeing your Inner Strength** Scarlett Andrews

BREAKING THE MIRROR: My Reflection, Myself See Your True Reflection, through the challenges that make you strong. Breaking the Mirror shares several life altering experiences, that at times seemed insurmountable. Through perseverance, I was able to find my inner strength. In moving forward from the several traumas, my true self was revealed. Realizing I was not the cause of my troubles, I would no longer feel like a victim in life, but most of all in her mind. After decades, fighting low self-esteem, depression and isolation I finally saw my true self, deciding to take control of my life and happiness. • Realize you are not alone in your struggles • Look at your past in a new light to accept it and focus on the future • Take control of your happiness and self-esteem • Forgive and see your true self for the first time

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