

Carolle Jean-Murat, M.D.

FORGIVING YOURSELF & OTHERS

How to Unleash Your Future
by Freeing Yourself
from Past Traumas



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Forgiving Yourself & Others:
How to Unleash Your Future by Freeing Yourself from Past Traumas

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Published by
HIBISCUS ENTERPRISES, INC.
PO Box 2348
La Mesa, CA 91941-2348

Edited by: Karyn L. Wilkening, Expert Editing, Ink.

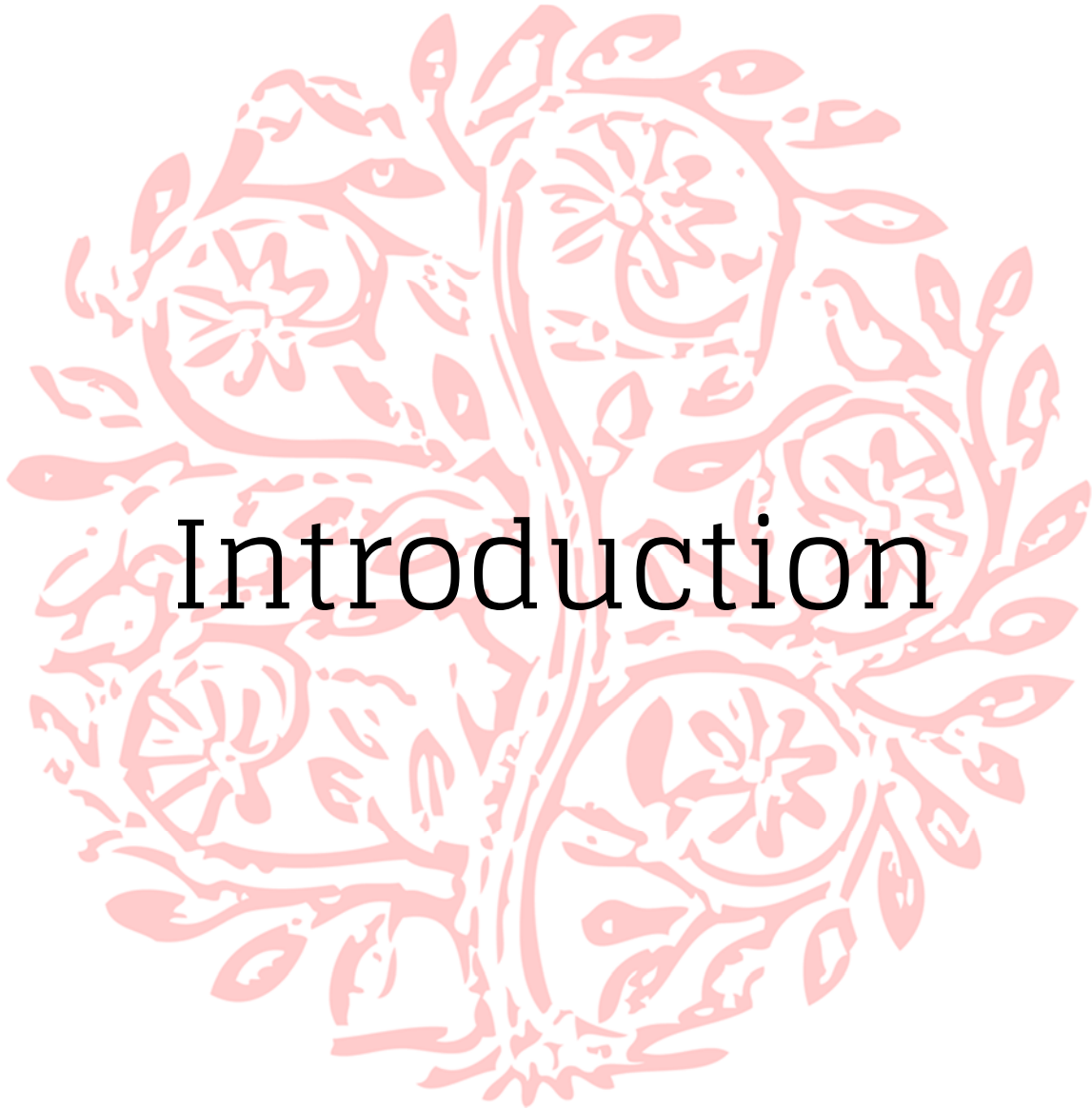
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“Forgiveness is freeing for yourself, as well as for others. It frees you from carrying the burden of past resentments. It allows you to release the past so that all your energy can be fully available for the present. Forgiveness is the ultimate gift you can give yourself.”

Author unknown



Introduction

Introduction

Forgiveness can be defined as “recognizing you have been wronged, giving up all resulting resentment, and eventually responding to the offending person with compassion and even love.” Forgiving does not mean that we deny we have been wronged, nor is it condoning or excusing our abuse. The key to true forgiveness is letting go of the anger and negative feelings associated with a specific person, group, or situation.

The notion of forgiveness is not new and has been upheld by many of the world’s religion. In Christianity, it is embodied by Jesus who practiced and preached it all the way to the cross. In Judaism, Yom Kippur is a day to atone for the sins of the past year. One must first seek reconciliation with any person that one has wronged, righting the wrongs that have been committed against him or her if possible. It must be done before Yom Kippur. The angel Gabriel exhorts the Islamic prophet Mohammed to set aside his vengeful anger against an enemy, and leave justice to God.

According to scientists, a lot of anger and hostility are present in our society due to unresolved conflicts. This results in a high incidence of domestic abuse, drug and alcohol abuse, violence, divorce, and even crime. We have seen teenagers from middle class families go on killing sprees in their schools as the result of unresolved conflicts and anger.

Studies have documented the psychological benefits of forgiveness: reduced anxiety, stress, and depression. Individuals who harbor anger increase their risk of heart attack, and decrease the response capacity of their immune systems. Once you forgive, anger is decreased, you feel better about yourself, and personal relationships are enhanced.

I have noticed that many of my men and women patients who were abused physically, mentally or sexually, carry that burden throughout their lives.

Their lives are in turmoil, they are suffering from emotional and physical symptoms, and they are having spiritual problems. The simple reason is that because of childhood trauma, their spiritual and emotional growth has been stunted. The angry little child in them is still dealing with childhood issues of abandonment, neglect, physical, emotional, sexual, and verbal abuse.

This burden may stop them from having healthy relationships with their children, peers, and intimate partners. I learned firsthand that in order to be free, a victim has to learn to forgive, or else they will continue to be a victim for the rest of their life.

I did not realize the importance of forgiveness until I had a panic attack while on a book tour in New York when I was 49 years old. At the age of four, my mother was too poor to raise me. I went to live with a paternal aunt who was, as I saw it, very abusive mentally, physically, verbally and emotionally. While searching how to find solace, I learned that one way to avoid panic attacks was to forgive her, as well as my mother for not coming to my rescue back then. So I worked on doing it.

I have read that one has to learn to forgive, that letting go will make one a happier and healthier person. However, like many people, I found that hard to do. But it can be done.

The key to true forgiveness – forgiving yourself or others – is letting go of the anger and negative feelings associated with yourself or others. Forgiving yourself is coming to grips with the fact that you cannot undo the past, that *what is done is done*. In order to grow and live in balance, one must be committed to positive self-teachings, such as self-love and self-esteem. Self-forgiveness should then be like a natural extension. Being self-condemning or self-righteous will only make matters worse. Forgiving oneself is just one more healing aspect of self-love.

Are you still carrying the burden of something you have done in the past and you still regret? Is there someone in your life you need to forgive?



Step One

Step One: Forgiving Yourself

Forgiving yourself may be even more difficult than forgiving others. Over the years, I have seen many patients who have a physical symptom where the cause could not be determined. After probing, it is not uncommon to discover that they were consumed with guilt about something they had done many years ago. It could be as simple as saying "no" to a friend, or more complicated as having an affair or an abortion or even worse, staying in an abusive, intimate relationship. With tears in their eyes, they would admit they have not been able to forgive themselves. They go so far as to say "I know God has forgiven me, but I just can't forgive myself."

One of the biggest obstacles to self-forgiveness may be an unconscious decision to punish ourselves. By doing so, we not only hurt ourselves, we also make those around us suffer along with us. When you don't forgive yourself, it not only affects those around you, it can also be detrimental to your body and your mental health. You will be likely to suffer from difficulty concentrating, anxiety, depression, digestive problems, high blood pressure, irregular bleeding, muscle tension, sleeping and sexual difficulties, weight problems, hot flashes, and heart attacks to name a few.

Here are the steps to take to forgive yourself:

The Healing Unfinished Business with Myself Exercise

1. Write down everything you are ashamed of.
2. Write down everything you feel guilty about.
3. Write a letter to yourself saying that you forgive yourself for all of it.
4. Write another letter to yourself, but this time, you'll be writing about all the wonderful qualities you have and all that you do for others. This is what is called a "Gratitude Letter to myself." It's not about ego, but about recognizing that you are a person of value and worth, and that you bring meaning to the lives of others.

This, in turn, gives your own life more meaning and depth. It should include:

- a. What are your good qualities?
- b. What do you do to enrich the life of others?
- c. What are you grateful for in your life?



Step Two

Step Two: Forgiving Others

According to scientists, a lot of anger and hostility are present in our society due to unresolved conflicts. This results in a high incidence of domestic abuse, drug and alcohol abuse, violence, divorce, and even crime. We have seen teenagers from middle class families go on killing sprees in their schools as the result of unresolved conflicts and anger.

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even love.” Forgiving does not mean that you deny that you have been wronged, nor is it condoning or excusing your abuse. The key to true forgiveness is letting go of the anger and negative feelings associated with the person or situation.

I have helped many women over the years in my private practice, then later by phone or in person at my Wellness & Retreat Center in San Diego. These women often do not realize that their emotional and physical symptoms are related to unfinished business with a parent, a caregiver, or an acquaintance – dead or alive. In some cases, a stranger may have perpetrated the abuse.

Those abused by parents and/or primary caretakers have invisible scars that often manifest in: an inability to feel or trust; anxiety problems; depression; relationship problems; eating disorders; and in some cases, alcohol or drug abuse. They live life trying to please others, second-guessing themselves, struggling with perfectionism, lack of confidence, emotional emptiness, and image/weight issues. They find it difficult to get close without losing a sense of self.

Abandonment and neglect wounds can occur in so many ways in early years, such as:

- Being left to cry unattended
- Being given up for adoption or left in foster care
- Not being picked up on time from school or elsewhere
- Having too much responsibility to care for oneself or siblings
- Being left alone during an illness
- Being pushed aside after the birth of a sibling
- Having an unsupportive parent
- Having a parent who is emotionally unavailable
- Having a parent who is emotionally abusive who shames you, yells at you or ignores you, makes you feel you are not trustworthy, controls your way of eating, your appearance, speech, decisions, social life, and other aspects of your childhood
- Verbal, physical, emotional, sexual abuse by a parent, caregiver, or others
- Parents separating or divorcing
- A parent living and never returning or not staying in contact
- A parent with a chronic illness
- A parent abusing drug or alcohol
- A parent that stays in an abusive relationship
- A parent dying

Severe cases involve physical and sexual abuse. The younger the child, the harsher the abuse, the more likely it is to leave deep scars in the child's psyche.

It is not uncommon that unresolved issues with a parent will resurface at any time. They appear as emotional and physical symptoms, and are especially evident during stress, or if the parent comes back into their life.

The appearance of symptoms can be likened to the body's intuitive wisdom reminding the person that these old wounds have to be resolved. Unfortunately, these symptoms are being attributed to PMS, perimenopause, menopause, adrenal fatigue or hormone imbalance.

Patient's Stories

Louise, a 51-year-old woman dealing with unexplained anxiety and fatigue. Her father was an alcoholic, verbally and emotionally abusive to her during her childhood. After her mother passed away, her father was diagnosed with early dementia and Louise became his caregiver. As time went by, Louise became stressed and resentful of the extra demands and additional work when she had her own household to take care of, and she developed frightening stress-related symptoms that prompted her to see doctors.

Jo-Ann at 33 was diagnosed with post-partum depression following the birth of her third child. Her mother was now the perfect grandmother, doting on her grandchildren with gifts and attention – exactly what Jo-Ann had longed for herself while growing up, but never got from her mother.

Yvonne, age 49, had unexplained irregular bleeding when her mother, who had left her with her father as a child, came back into her life wanting to travel to Europe with her teenage grandson.

These women were also feeling increasingly depressed, had difficulty sleeping, decreased appetite, fatigue, decreased libido, and were easily overwhelmed. They had no idea that their physical and emotional symptoms were related to their family situation.

Why is the relationship with a parent or caregiver while growing up so important in a woman's life?

Is it a surprise that who we are as adults depends on our relationship with our parents and caregivers during childhood? The basic foundation of how we will behave as adults starts from the womb to age four at home. During the first four years of life – and I believe that it starts in the womb – a child needs someone who offers comfort, shelter, love, acceptance, and security. If these needs are not met by someone, whether a parent or caregiver, it will affect how that child feels about herself and how she relates to the world.

From age four to age eight, it also depends on what happens at school, with friends, and in the neighborhood. However, your parents are the most influential in the development of your self-esteem and how you perceive and value yourself. To have healthy self-esteem, a child has to feel loved unconditionally not for what she does, but for who she is. Children come to expect that their parents are there to protect them and not cause them to suffer.

With emotional wounds, during stressful moments in adult life especially when feeling rejection, the little hurt child will surface and again experience a deeply engrained pain that manifests in a variety of symptoms and behaviors.

Whenever we are in a stressful situation, we feel victimized again and therefore we become that hurt child, with a response just like a child – arguments, temper tantrums, belligerence, selfishness, spitefulness, etc. It is that hurt child, the victim, who is also unable to forgive.

It is the deepest hurts, especially those from childhood, that are the most difficult to face and let go, so the issues are repressed.

Working with women, I teach them how to correlate their unresolved childhood issues with their present emotional and physical symptoms, and also their relationships. When there are unresolved issues with a parent or caregiver, we will see/seek similar situations over and over in adulthood and not be aware of what is going on. Not letting go of that hurt keeps us from maturing emotionally.

Unresolved issues are one of the major causes of unhappiness. Our past can hurt all types of relationships with intimate partners, children, friends, work associates, and our community. Long-term problems may include depression, addictions, and becoming an abuser during adulthood.

Addictions that women usually use to ease the pain usually include food, exercise, alcohol, shopping, gambling, sex, etc...

Healing unloving or hurtful relationships with our parents is the most crucial step to be taken in our lives. It is a most difficult step to take especially if you suffered repeatedly at their hands as a child. It is a life-long battle. You will need to identify and admit parental weaknesses and/or abuse that negatively influence your behavior, and mental, emotional, and spiritual life.

In order to be in control of your life, you will have to heal those issues, and forgive. Once you identify the connection, find help to console the little hurt child in you who is your worst critic.

Remember that:

- Most parents wanted the best for their children, but they were dealing with their own issues – possibly of abandonment and neglect – and many did not have anyone to teach them how to be nurturing parents.
- Remember the good moments and appreciate whatever parental gifts there were.
- Admit that buried, hurtful issues may be the cause of your emotional and physical symptoms in adulthood and find a way to deal with them and heal them.

My Personal Story

I did not realize the importance of forgiveness until I had the panic attack. I learned that one way to avoid panic attacks was to forgive. I needed to forgive anyone that I felt had hurt me.

After my father and mother separated, he refused to support her financially unless we went to live with his mother we called Grandma and his sister, whom we nicknamed Tatante. We lived in Haiti where there was no social support for single women with children. I was four years old and my sister Marie was two when my distraught mother now very sick and expecting twins took us to live with them. Tatante was adamant that Marie and I would be raised without contact with my mother's family.

She was strict, physically, emotionally, and verbally abusive to us and was disrespectful to my mother and her family. "They were poor, illiterate, and lived in the back country and danced barefoot in voodoo temple" as she repeatedly said with her acerbic voice. I felt like I didn't

belong anywhere. I resented Tatante for being mean to us, and for how she treated my mother and her family.

Logically, as I grew up, I understood that the way things worked out, I had received a better education, being the first in my mother's family to graduate from high school. But unconsciously, I had never forgiven my mother for abandoning us as little children. I did not comprehend the heavy burden I carried, but it became clear many years later while working with my therapist after having a severe panic attack.

When I started having panic attacks, I was willing to do anything to make them go away. I decided to try something I had read about. The idea is to indirectly confront the person you wish to forgive by writing down everything about how a specific person has wronged you. I used this process to forgive Tatante, who was alive and living in Miami, and my mother who was already dead. I have not had a panic attack since. But, like many people, I found that hard to do.

The Forgiveness Exercise

To do the forgiveness exercise, you do not have to confront the person directly. The idea is to indirectly confront the person you wish to forgive by writing down everything about how a specific person has wronged you.

- Create a forgiveness list. Take the time to make a list of everyone in your life – dead or alive – you feel had hurt you somehow and you are still holding on to. This includes your mother, father, caregiver or an abuser.
- Forgive each one whether they are dead or alive using the Forgiveness Exercise Worksheet.

A word of caution: *Be aware that these exercises may bring up uncomfortable feelings, psychological or physical pain, and memories, and are no substitute for professional treatment. You may want to consult with a qualified medical, psychiatric or psychological professional beforehand. If at any time they are disturbing to you, you should stop immediately and seriously consider seeking the assistance of a professionally trained therapist to support you in productively working through this material.*

- Seek counseling when appropriate on how to heal the traumatized inner child. The adult can consciously forgive but the hurt little child may resist.

My Forgiveness Exercise:

My list included my mother, father, Tatante, my 3rd grade teacher and my first boyfriend and ex-husband who cheated on me.

Regarding my father, for some reasons the healing had already occurred long time ago. It was 1988. I was enjoying a successful career as an ob-gyn, my artwork was being displayed in local art shows, and I had even participated as *Akisha* in an instructional belly dancing video that was being sold worldwide and was later featured in 1991 in the popular show *Entertainment Tonight – ET*.

It was then, having realized I'd never learned to play an instrument, that I not only wanted to learn to play the piano, I also wanted to become a concert pianist!

People laughed when I told them about my decision. "You're too old," they said. "You have to start playing the piano at a very young age to become a concert pianist!"

So, I went to a recital and decided to talk to the pianist. He was 22 years old, had been playing the piano since he was four, and practiced at least four hours a day. By age 14 he was giving recitals and receiving rave reviews.

No problem, I thought. I was 38 years old. If I played the piano four hours a day, in ten years when I turned 48, I would be a concert pianist! When I explained those numbers to people, they could more readily see me as an adult concert pianist.

I did not, however, need to give any explanations to my father.

One day, I called him in New York where he lived and told him about my dream of becoming a concert pianist. I had given him the nickname *Tête Chauve* or "bald head" since he was a hair-deprived man.

"*Tête Chauve*," I asked,

"can you visualize me ready to give a recital at Carnegie Hall?"

"I'm wearing a long, black dress. I step out on the stage and walk toward the grand piano. The public cannot wait for me to begin playing and stand to give me an ovation. Then comes a heavy silence. I sit on the bench, ready to play. The whole place is expectantly silent."

"Yes!" my father interrupted. "Yes! Make sure I have a good seat!" We laughed.

But I had always resented my father seeing him through the pained eyes of his women, including my own mother. I realized that I'd always regarded him as a man, not as a father. I remembered how when he would come to visit he loved to have me sit on his lap as I excitedly opened my gifts. I would show him my latest award from school and he would show me his big biceps, built by years of weight training. When he smiled, his face shone with what I was sure were the biggest, whitest teeth in the world. He reminded me that I was the smartest girl in the world because I was the daughter of the world's smartest man. This complement always made me giggle and often encouraged me to keep ahead in school lessons. He promised that I could become anything I wanted because he would always work hard to pay for our schooling. Then he would add, with his unique combination of bitterness, hope, and pride "I won't do to you what my father did to me. I left my home at sixteen because that alcoholic old man wasn't a good father like I am!"

On one of his visits, I was so excited by his energy and his promises that I wanted to offer him something in return. I was doing well in school and continued to earn medals for my high marks. I was sure such achievements would bring hugs and lofty praise from my father on his next visit. I was anxious to begin my career as a famous and important person, and I was looking for a role model. I decided that Soeur Yvonne, a nun at my parochial school, was a good one.

She was one of the most impressive and powerful figures in my world. "I am going to be a nun," I proudly announced during my father's next visit. "I'll be an important nun, like Soeur Yvonne!"

My father laughed and, lifting me in his arms, held me over his smiling face. "Carolle, you can be anything you want to be," he beamed. "If you want to be a nun, then you shall be a nun!"

There was nothing I could not be, because there was nothing he could not make happen.

That was when I began to see the many sacrifices he had made for Marie and I; how his own father was abusive to him and sent his son out to fend for himself. I came to understand that my father based his decisions on his own background; he knew poverty but and was determined that his daughters would have a better life.

After I hung up the phone, I started to cry. I realized that I was one of the luckiest girls in the world. As long as I could remember, my father had always supported me in all my endeavors.

He had always had blind faith in me, making me believe that I could do anything.

That day, for the first time, I saw my father through the eyes of a grateful daughter who was fortunate to have him in my life. He had never had a chance to receive an education, but he made sure that I got one, many times at his own expense.

I felt so sorry that it had taken me so long to recognize the blessing of having him as my father.

I called him back right away. "Tête Chauve," I said. "I want to tell you that I love you, and that I am proud that you are my father. I want to thank you for all the sacrifices you have made on my behalf. I want you to know that I will be forever grateful for everything you have done for me."

The next day, I took the board certification I'd received from the American College of Obstetricians and Gynecologists from my office and found a printing shop that was able to make a copy look like an original.

I put it in a nice frame. On the back, I wrote: "To you, Tête Chauve, we both deserve this! Love always. Your daughter, Carolle."

Healing with mother and Tatante

I used the forgiveness exercise to forgive Tatante, who was alive and living in Miami, and my mother who was already dead.

How I did it:

1. First write down everything you feel that the person has done wrong to you. Get it all out -- be as specific as possible.

Dear Tatante,

You hurt me every time you say something bad about my mother. You hurt me when you refused to let me see my mother or her relatives. You hurt me every time you criticized me, whether or not I had done right or wrong, or just did not meet your standards.

Dear Mom,

You never should have let Marise and I stay with Tatante. You should have fought for us, rescued us, even though it would have meant that we would not have gotten as good an education.

2. Now practice telling the person everything that you want him or her to know. If the hurt was done when you were a child, then the confident grown-up you – who is not afraid of that person – takes the shy, scared child onto your lap and has the child tell it all.

When it was time to read my list to Tatante, I realized that the hurt started when I was four years old. I held Ti-Ca – my nickname as a little girl – on my lap and had Ti-Ca read the list to Tatante.

Since I became conscious of the resentment I had towards my mother as an adult, I saw myself seated in her living room, as an adult, talking to her face to face.

3. Write down positive things that the person who hurt you has done for you. If there are none, that's okay. If you keep thinking, you may remember something kind that this person has done for you.

I was surprised to realize that Tatante had done many positive things for me. For many years, we stayed at her house. When my father could not afford it, she would feed us, pay our tuition, pay for uniforms, books, tutors, and the endless things we needed for school.

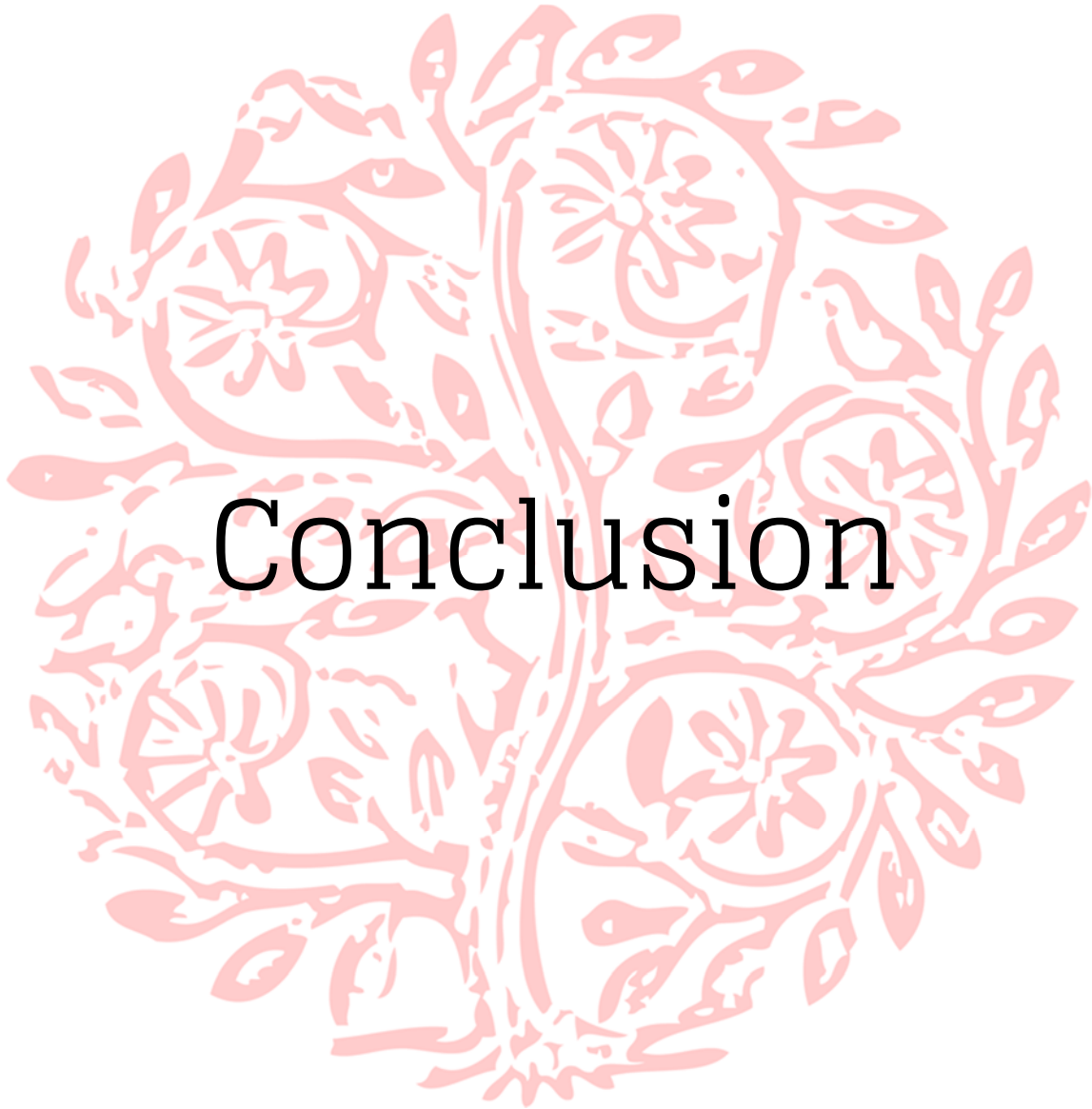
Regarding my mother, I can only remember her look of hopelessness when I visited her. Because of that look, I decided I would never put myself in her situation. This gave me the courage to overcome many obstacles, to become successful, independent, and well educated, so I would never have to make similar sacrifices.

4. Lastly, practice telling the person that you forgive him or her, because they did not know any better.

"Tatante," "Maman," I said, "I forgive you since you did not know any better."

By the time I got to this part. I was sobbing. I cried for a while, letting the tears clean my soul. This was the first time I ever really shed tears for my mother, since she died almost a year earlier. When I was done crying, I felt a huge weight had been lifted from my heart and my brain.

The next time I went to Florida to visit Marise and Tatante, we had a great time together. I saw Tatante one more time, six months later during a stopover on the way to Haiti. She prepared my favorite meal and helped me rearrange my luggage. I told her that I loved her and I really meant it. Three weeks later, she became gravely ill and passed away. I went back for her funeral. At the wake, I looked at her lying motionless in her coffin. There was no more hurt, no more hate, just love and gratitude. Tatante never understood why I resented her. She felt that she had done her best. Forgiving her not only gave me a chance to heal myself, it gave her the opportunity to enjoy the company of a niece she loved and for whom she had made many sacrifices.



Conclusion

Conclusion

In his book *The Anxiety & Phobia Workbook*, Dr. Edmund J. Bourne writes about the significance of developing one's spirituality. He said:

"Spirituality involves the recognition and acceptance of a Higher Power, beyond your own intelligence and will, with whom you can have a relationship. This Higher Power can provide you with inspiration, joy, security, peace of mind, and guidance, far exceeding what is possible in the absence of the belief in a Higher Power."

He further writes, "Spiritual awareness and growth can effect a transformation in your whole being. It can help you develop a basic trust and faith, which is unshakable." Additionally,

"As you develop your spirituality, many of your beliefs about the meaning of life in general, and what your life is about specifically, can shift dramatically. These shifts in beliefs can lead to having more compassion and tolerance toward yourself, as well as to finding a deeper meaning in the challenges you face, instead of viewing them as arbitrary and meaningless. You may feel less like a victim who has a particular emotional problem. Instead, you may come to regard your condition as an opportunity to grow and expand who you are."

It is a challenge to remain aware of and be in relationship with our divine source. To me, admitting we have a soul and then taking care of it means spiritual health. How do you take care of it? Find whatever you call a higher power and lay your ego at its feet. Doing this will free your entire being to have faith and trust in something bigger than yourself. It will give you a broader perspective on life and the lessons we are here to learn.

We need to be grateful for everything that happens to us, negative and positive because these experiences are our teachers. This planet is a huge schoolroom – anything that happens can be transformed into something positive by our spiritual beliefs, thoughts, and deeds.

Practicing forgiveness, plus meditating, being grateful, enjoying pets, attending religious or spiritual groups, being of service to others, giving from our heart, and having a connection with nature will enhance our spirituality, reduce our stress, relieve our sorrows, and lighten our hearts.

Resources

- *Adult Children of Abusive Parents: A Healing Program for Those Who Have Been Physically, Sexually, or Emotionally Abused*, by Steven Farmer M.A., M.F.C.C.
- *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World*, by Dan Neuharth, Ph.D.
- *Mind, Body, Soul & Money: Putting Your Life in Balance*, by Carolle Jean-Murat, MD
- *You Can Heal Your Life*, by Louise L. Hay
- *Ghost Mothers: Healing from the Pain of a Mother Who Wasn't Really There*, by Kathlyn Rudlin, LCSW – Foreword by Dr. Carolle Jean-Murat.

About the Author

Carolle Jean-Murat, MD

Born and raised in Haiti from a family with shamanic roots, educated in Haiti, Mexico, Jamaica, and the US, Dr. Carolle Jean-Murat is a medical intuitive, a board-certified gynecologist, and award-winning author. She has over three decades of experience in women's health. Dr. Carolle had a successful holistic private practice as a board-certified Ob-Gyn in San Diego from 1982 until 2005.

Fluent in five languages, she founded the *Dr. Carolle's Wellness and Retreat Center* in San Diego. She offers by phone or in person "Life Decisions with Clarity" intuitive consultations for those who are at a major fork in the road on their life journey, intuitive medical consultations, and expert second opinion to help women and few good men seeking a healthy path to a quality life.

Since 1983, Dr. Carolle has been providing free medical care to underserved women through Catholic Charities, and St. Vincent de Paul Village, in San Diego. In 1993, she founded the non-profit organization, *Health Through Communications Foundation* and its *Angels for Haiti Project* to provide to those in need education, health-care, and hope for the future.

Dr. Carolle frequently travels to La Vallée de Jacmel, Haiti to provide free medical care, medical supplies, develop preventive health programs, and raise money to fund multiple programs such as school gardens, and vocational schools. Especially after the devastating earthquake that stroke her beloved country, she tirelessly works to create an infrastructure that will provide a foundation for creating self-sufficient, productive, and thriving communities.

As an international motivational speaker, Dr. Carolle brings her message of self-empowerment through her award-winning books, lectures, online courses at www.bodymindinstitute.com and www.udemy.com, seminars, radio, TV, and eBooks.

Proceeds from the sale of this book benefit Dr. Carolle's philanthropic work – especially the *Angel For Haiti Project*.

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Other e-books by Dr. Carolle

- ***A Day in the Life of a Healer: Short Stories about Divine Appointments***
Follow Dr. Carolle, an intuitive healer, board-certified OB-GYN raised in Haiti from a family of healers, a grandfather who was a shaman, a paternal grandmother who was an herbalist, a mother who was an herbalist and midwife; her early years in Haiti, her medical training in Mexico, Jamaica, and the US; settling in San Diego, and making it full circle during her missionary trips to Haiti.
- ***A Healer's Funny Bones: Never Take Yourself Too Seriously***
Funny stories that happened to Dr. Carolle and her patients.
- ***Jewels: Poetry of Life***
A collection of Dr. Carolle's very personal perspectives and reflections on life's ups and downs, its joys and sorrows, and the unfathomable uncertainties that deeply move us.
- ***Life Lessons from Grandma: Short Stories and Secrets from a Very Wise Woman***
Stories told to Dr. Carolle's from her Grandma, whose wisdom inspired her as a healer and as a person
- ***Your and Your Money: Your Health Depends On It!***
Women often pay little attention to their finances while many emotional and physical complaints can be traced to financial stressors. Learn how to take control of your finances, document your present financial situation, set long-term financial goals, learn ways to get out of debt, and save for your future.

These e-books are available for purchase and download at her website <http://drcarolle.com/store>