



# In the Heart of a Child: A Journey of Healing and Self-Discovery

*Nyssa Wilder*

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## **In the Heart of a Child: A Journey of Healing and Self-Discovery** Nyssa Wilder

In the Heart of a Child is the inspirational story of a young woman's struggle to overcome the negative effects of family alcoholism. Having grown up with two alcoholic parents, Nyssa was left to her own resources to learn about life and discover the true meaning of love. Introduced to the Adult Children of Alcoholics (ACOA) program in 1998, she began a journey of self-discovery and ultimately learned that what she had been seeking was inside her all along. This is a heartfelt story of courage that offers practical tips for anyone struggling to overcome childhood dysfunction.

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