



A Struggle for Wholeness

Kathy Da Silva

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Her own struggles with wholeness has been an overwhelming process that comes with hard work. With help and honesty, you too can come to a point where you will notice that you can finally breathe easier, have healthier conversations, and smile a bit more than you did before.

Kathy Da Silva has gone through many moments of abuse and addiction, all without losing her positive outlook on life. And even though she still grapples with periods of depression and debilitating panic attacks, she hopes to connect with others who are struggling as she does by letting them know they are not alone with their own *Struggle for Wholeness*.

Part memoir, part self-help book, Kathy offers a lifeline to anyone who might be facing their own struggles. She believes wholeheartedly that you too can be in a better place, so long as you keep working at it.

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