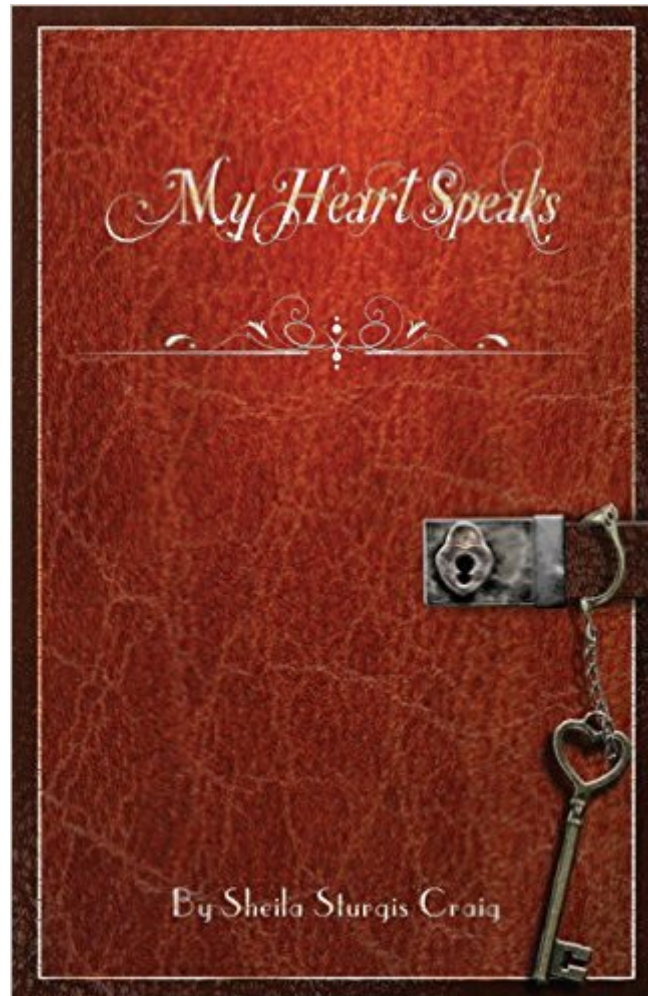


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# My Heart Speaks



## Synopsis

This book is about beauty. The beauty that resides within all of us when we are able to present ourselves honestly and humbly. It is possible to see yourself through the eyes of a woman, Sheila Sturgis Craig, in ways that connect you, free you, enliven, and motivate you. Hers is a life that so represents the lives of every mortal. A life that contains laughter, warmth, happiness, family and friends. A life punctuated with times of immense pain, sadness, and loneliness. A lifetime spent seeking to connect with other humans in ways that matter. A lifetime of struggle to matter, to love and to be loved. A lifetime of seeking to leave a legacy, an imprint, a sign that she was here and that she mattered not only to others, but to herself. This book is the story of everyone.

## Book Information

Paperback: 182 pages

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Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #2,232,432 in Books (See Top 100 in Books) #143 in [Books > Literature & Fiction > Poetry > Themes & Styles > Family](#) #2610 in [Books > Literature & Fiction > Poetry > Themes & Styles > Inspirational & Religious](#)

## Customer Reviews

Reading Ms. Craig's book, *My Heart Speaks*, is like having an old fashion Sunday dinner with family and friends. She servers up the contents of her heart as she welcomes you in. You feel her love for God and family as she reveals the desires of her heart. She takes you thru the joy and pain of her life experiences. You're introduced to the special people in her life. She lets you know their importance in developing her character. Her honesty will touch you as she tells her story thru poetry and prosed. The main courses of *My Heart Speaks* will not disappoint you. Proses such as *Good Things*, *Giver of Life*, *Reality*, *A Letter to My Boys* and *Survival* are seasoned with imagery that will make your eyes water. The side dishes of poetry will move you as she speaks about a *Sister Love* and a *Brown-Eyed Boy* while the dessert will leave you wanting more. The desserts are expressions of her love. She shares her inner

heart as in â œThursdayâ •, â œBeauty Isâ • and â œMy Heartâ ™s Desireâ •. Listen to her heart speak as she welcomes you with that old fashion southern hospitality.

Rarely does a writer reveal such humanity. I loved the transparency in the writings. I particularly loved seeing how the vulnerability of disclosure through words is really an incredible display of strength. Thank you Ms. Craig, for having the courage to allow others to see and understand that it is really okay to experience and talk about the good and the bad feelings that we have. The key message that I found inside the pages of your book is simply to allow ourselves to feel.

Please do yourself a favor and get this riveting book about life, love and many things in between. The author brings you up close, personal and allows you to feel connected from beginning to end. A good read indeed!

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