



FINDING HOPE

The 12 Keys to Healing Hardship, Hurt & Sorrow

Written by Amber Jewell, LMSW
Foreword by Rhonda Sciortino

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“...a must read for anyone who is searching for ways to gain more knowledge in order to better themselves.” —Alisha Mayberry, LMSW

“...powerfully illustrates a refreshing perspective [and] a must-read for everyone who has gone through some tough stuff and is searching for healing.” —Brandon W. Stiner, Ph.D.

“...uses real life stories and raw emotions to help us find the tools we need to change our lives’ trajectory.” —Bobbi Williams, Ed.D.

Written by a licensed master social worker and drawn from personal experiences, FINDING HOPE highlights the 12 key steps to becoming truly resilient and creating a life of authentic love and happiness.

FINDING HOPE will build your personal resilience and help you develop an extensive toolkit of active coping skills, to the point where you can weather even the worst that life throws at you -- and still find the strength to move forward.

Life is tough—but tough is not the same as impossible. Day after day, we face obstacles to our personal success, happiness and sense of well-being. No matter how bad things get, there is always hope... especially if you know exactly where to find it.



Amber Jewell is a licensed master social worker with over 15 years of experience working with youth and families in child protective services, education and mental health services. As an educator and an advocate for promoting change for and value within people, Amber works to inspire and motivate others to grasp their own form of hope. She is also a motivational speaker and has experience in the foster system.

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