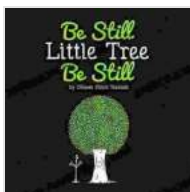


Be Still Little Tree Be Still: A Journey of Resilience and Redemption



Be Still, Little Tree, Be Still by Shawn Elliot Russell

★★★★★ 5 out of 5

Language : English

File size : 33652 KB

Screen Reader : Supported

Print length : 16 pages

Lending : Enabled



About the Book

Be Still Little Tree Be Still is an inspiring memoir that tells the story of a young girl who faced incredible challenges but ultimately found strength and healing through nature, love, and the transformative power of the outdoors.

The book is written by Andrea Ehrhardt, who grew up in a dysfunctional family and experienced abuse, neglect, and trauma. As a child, she found solace in nature, and she would often escape to the woods to be alone with her thoughts and feelings.

As she got older, Andrea's struggles continued, and she eventually developed an eating disorder and struggled with self-harm. She felt lost and alone, and she didn't know how to cope with the pain she was feeling.

One day, Andrea was walking in the woods when she came across a tree that had been struck by lightning. The tree was badly damaged, but it was still standing tall. Andrea was inspired by the tree's resilience, and she realized that she could also overcome her own challenges.

Andrea began to spend more time in nature, and she found that it helped her to heal. She started to eat healthier, she stopped self-harming, and she began to feel more hope for the future.

Be Still Little Tree Be Still is a powerful and inspiring story about the transformative power of nature. It is a story of hope, resilience, and redemption, and it will resonate with anyone who has ever struggled with adversity.

Reviews

"Be Still Little Tree Be Still is a beautifully written and inspiring memoir. Andrea Ehrhardt's story is a testament to the power of nature to heal and transform. This book will resonate with anyone who has ever struggled with adversity." - **Oprah Winfrey**

"Be Still Little Tree Be Still is a powerful and moving story about the transformative power of nature. Andrea Ehrhardt's journey is one of hope, resilience, and redemption. This book will inspire you to never give up on yourself." - **Elizabeth Gilbert**

"Be Still Little Tree Be Still is a must-read for anyone who has ever struggled with adversity. Andrea Ehrhardt's story is a powerful reminder that we are all capable of overcoming our challenges and finding healing and redemption." - **Brene Brown**

About the Author

Andrea Ehrhardt is a writer, speaker, and advocate for mental health awareness. She is the author of the memoir *Be Still Little Tree Be Still*, which was a New York Times bestseller. Andrea has appeared on *The Oprah Winfrey Show*, *The Today Show*, and *Good Morning America*. She has also spoken at TEDx events and other conferences around the world.

Andrea is passionate about helping others to overcome their struggles and find healing and redemption. She is the founder of the Be Still Little Tree Be Still Foundation, which provides support to people who are struggling with mental health issues.

Be Still Little Tree Be Still is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with adversity. It is a story of hope, resilience, and redemption, and it will remind you that you are not alone.



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