



**Stewed: Balance and Comfort to Change a Soul
and Spirit at War with God: Inspirational Stories
of Lessons Learned on a Journey to Finding My
Purpose in Life!**

Venetta G. Kalu ND

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Stewed brings understanding and insight to life as it happens beneath the surface of our life. Also, Stewed looks at the decisions we make in life which affects our outcomes positively or negatively whether we make the decisions or life makes it for us. Anyway, some of us are good at making decisions and enjoying their outcomes and others of us are very bad at it and sometimes we do get good things by default. When you are in a stew with a war going on in your head and heart it is difficult to know what to do. This book will help you find answers through another person's journey in life where the outcome was actually good in the end.

Stewed is about understanding that things happen for a reason and seeing how one person who always seemed to be in a stew finally found balance and comfort out of each situation.

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