



## New Book “12 Ways to Heal from Trauma” Offers a Faith-Rooted, Psychologically Grounded Path to Emotional Restoration

After more than twenty years of walking with individuals through trauma recovery, emotional wounds, and spiritual reconnection, psychologist and spiritual teacher Dr. Cheryl Meier has released “12 Ways to Heal from Trauma: Spiritual & Psychological Healing Through Divine Love.” This gentle, insightful guide offers a grounded path for renewing the mind, healing the heart, and rediscovering a sense of worth, peace, and personal identity.

Blending clinical wisdom with a deeply rooted spiritual understanding of God’s presence, this book introduces twelve healing practices that help readers return to emotional grounding, release long-held fear, reconnect with their true identity, and experience the restorative love of God.

Each chapter provides clear guidance that integrates psychology, faith, and spiritual formation.



### About the Author

Dr. Cheryl Meier is a licensed clinical psychologist and spiritual teacher with more than two decades of experience helping individuals heal from trauma through an integrated approach that blends depth psychology, emotional restoration, and faith. Her work emphasizes compassionate presence, inner clarity, and practical tools grounded in the transformative love of God.

### Book Details

**Title:** 12 Ways to Heal from Trauma

**Author:** Dr. Cheryl Meier

**Publisher:** Independently published

**Publication Date:** December 26, 2024

**Formats:** Paperback, Hardcover, e-book

**ISBN:** 979-8304895736

**Categories:** Christian Spirituality, Trauma Healing, Psychology, Inner Healing

**Where to Buy:** Amazon

“This book was born out of decades of sitting with others in their pain,”

Meier says. “I wanted to offer something that combined the depth of psychology with the compassion of God, so people know they are not broken. They are loved, worthy, and created for peace.”