

Logo

## "Delayed But Not Impossible."



### "Healing of The Heart: Lessons From My Journey."

When you believe deeply in what you do, especially at the beginning, it's easy to feel optimistic and hopeful. But what about when the "good feelings" are gone and everything or the way you envisioned things to turn out (**Outcomes**) did not come to fruition-- that way (**linearity**).

People are fickle, limited, and will disappoint. So, what do you do?

Well, the easier options are implode, blame others, self-blame, just “throw in the towel.” It's easier to do these. Let's see:

1. I almost did not write this newsletter-- clearly it's delayed from when I last wrote one.
2. I had to change publisher which delayed the final proof of my book which delayed the final publication. **EVERYTHING** went wrong!! 😊
3. I felt afraid and embarrassed. (**My TYPE “A” kicked in overdrive**)
4. My son moved to Jacksonville, during this time, due to a promotion with AT&T ( I shared this news with some of you when it happened-- (**Life transitions**). This is still tough for me!

I am so glad this work is more than about me. If it were, I'll be honest. I would have given up on all of this. Every time I sat in a session with each of you, or talk to a new person on the phone seeking support, or when I am with the team, something happens to me. I cannot explain it!

My purpose, that seed, that “Inherited Constitution” gets triggered. **(Click link below for a video I did on “Inherited Constitution”)**

I trust that NBHI has been a positive trigger for your seed-- for your purpose in the face of your waiting and delays. Clearly, you have been mine!

The story does not end there! 😊 By the time you open this newsletter, if you ordered a book and a T-shirt or both, your package is on its way to you. Thank you for your patience. If you would like to still order a copy of the book, for yourself or a gift to someone, the website is the following: <https://healingoftheheart.co/>

Click The Link Below

## WHAT HAPPENED THIS FALL?



Stephanie Cimino



Stephanie joined the



Women Self-Esteem & Self-Improvement Group 😊

So thankful for the women who joined us!! We especially



FINAL PROOF

YEP! I received the final proof one 2 weeks ago while I was knitting outside. :) Guess what? One of the ladies from

team as one of our fulltime therapists supporting women and late adolescent girls. The NBHI Women's community are showing her a lot of love!

thank the ladies who allowed us to take a photo of us together. It was an **AMAZING 8 WEEKS.** [Here is the feedback from the women:](#)

1. Make it weekly
2. Make it Spring and Fall
3. Make the groups 1 ½ hour in length instead of 1 hour.
4. "The group is needed."

We THANK YOU for your honest feedback! :)

the Women's Group won a free copy. Can you guess which one did? It was a lot of fun and learning. 😊 Tell someone about our women's group! :)

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## SO, WHAT & WHO IS NEW AND WHAT'S NEXT?



### Youtube Channel

Yes! I was scared and did it anyway!! I decided that I wanted to bring some of the education out from the individual and group sessions and bring it live to videos. I was encouraged by the few male clients in this community to do this. THANK YOU!! :)

As nervous as I was... I did it! I thought to move the "WON-day" (was Monday) POWER TIP from just IG to YouTube.

Here you can find inspirational yet educational videos to provide support and ongoing reinforcements to our growth! I hope you will find it helpful and that you will share it!



Jaidyn Mclain,  
FAU Student  
Intern  
Please help me  
welcome Jaidyn  
Mclain. Jaidyn is in  
her final year at  
FAU School of  
Social Work. We are  
thankful that she  
have chosen to work  
with us and give  
back to our  
community while  
enhancing her  
education.



Joise Lindor  
Walters, FAU  
Student Intern  
Please help me  
welcome Josie  
Lindor Walters. She  
is a brave one  
indeed. This is  
Josie's 1st year of  
practicum. Again,  
appreciating her  
adding to our  
community while  
enhancing her  
learning experience.

WHAT'S NEXT  
BELOW!!!!!!



Spring Women's  
Self-Esteem &  
Self-Improvement  
Group

So, we are listening.  
We will be having  
another women's  
group in Spring  
2023.

We have already  
received emails and  
calls about this.



“Healing of The  
Heart Podcast.”

Wow!! I know you  
don't believe I have  
a “shy bone” in my  
body... BUT, I do!!

This Podcast now  
has 129 downloads  
since August of this  
year. I am surprised  
at the  
**(listenership)**not a  
word but I make up  
words :)

[\(https://mmcinc18.podbean.com/](https://mmcinc18.podbean.com/)



Women's  
Connection  
Collective

By the title of this  
group, you can  
maybe sense that  
this group is  
different than the  
self-esteem group.  
It REALLY is.

Are you tired of the

The link is below to sign up and share. Stephanie and I are very excited and ready to go again!  
**Let's DO IT!!  
SPRING 2023  
WOMEN'S GROUP!!**

Click on the button below

**Call to action**

I tell you what, I know that as women, we need to open our hearts, minds and mouths. We really have an "inherited constitution." I hope you will join me.

I would love to have you as one of my honoured guests.

**Email me at:  
K.Henry@nbhi-llc.net**

"individualistic" society? "You get yours and I'll get mine" kind of mentality. Then this community is the place to be.

This group is for those who have gone through the other group or have done any individual or family sessions and want to continue to build healthy relationships with like-minded women.

If that's you-- then sign up for this group. We are asking for donations rather than a fee for this group. **This helps to cover the supplies and materials we use to support and enrich you. Learn more at :**

**Click Button Below**

**Call to action**



## A Personal Note

If you are new to NBHI and your are receiving this newsletter for the first time... a hearty WELCOME to you. We are privileged by you. Why? You could have chosen otherwise. As 2022 closes, and a new year begins, reflect with gratitude and march forward with deliberate intentions-- carrying with you "your inherited constitution."  
Wishing you the very best--  
Always



**New Beginning Healing Institute**

2200 NW Corporate Blvd Ste 300, 33431, Boca Raton

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