

# Alberta D. Jordan, MHA, CPC

## Author, Speaker, Certified Coach



### AUTHOR BIO:

Alberta is a dynamic divorce recovery coach who helps men and women navigate life post-divorce. She is the CEO of Exhilarated Life, LLC. The specialized programs at Exhilarated Life guide and empower men and women post-divorce so that they can bounce back **POWERFULLY, CONFIDENTLY, More WHOLE, MORE PURPOSEFULLY** and **More ATTRACTIVE** in 3 months or less!

Alberta had been coaching some 20+ years before deciding to solely focus on divorce recovery. Alberta states, "I have lived through trauma. I am living my best life now and I want to help you do the same!"

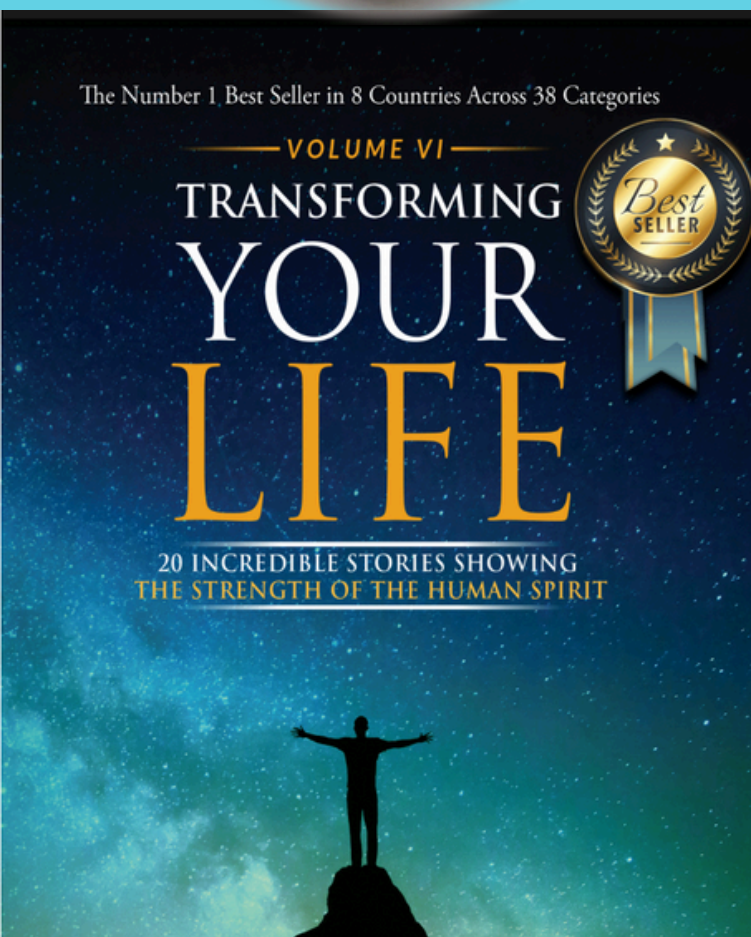
### ABOUT THE BOOK:

In the chapter "From Pain to Power: Transforming Your Trauma," Alberta Jordan takes readers on a profound journey of personal growth and resilience. With raw honesty and unwavering courage, Jordan shares her own experiences of overcoming trauma and transforming her life from one of pain and victimhood to one of empowerment and purpose. The book delves into the universal question of why life can be so painful and explores the role of pain in our lives.

This book is a powerful testament to the resilience of the human spirit. Alberta Jordan's captivating storytelling and practical wisdom make this book a must-read for anyone seeking to overcome their pain, reclaim their power, and create a life of purpose and fulfillment.

If you're ready to break free from the shackles of your past and embark on a transformative journey of healing, empowerment, and personal growth, this book will be your guide and companion. Alberta Jordan's words will inspire and uplift you, reminding you that you have the strength within you to rise above your pain and create a life filled with joy, purpose, and abundance.

Get ready to be deeply moved, motivated, and empowered! "From Pain to Power: Transforming Your Trauma" is a life-changing book that will leave a lasting impact on your journey to healing and transformation.



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