



A Personal Journey "Finding Wings with Shattered Pieces"

In the release of her first book, A Personal Journey, Finding Wings with Shattered Pieces, Phyllis outlines a proven 12 Stage Path, as she fought for survival in a world that was dark, distant and totally unfamiliar. Using these personalized stages, Phyllis conducts motivational and life skills seminars empowering people to reach beyond their current trials or setbacks to become the person God intended them to be.

Dallas, TX, March 20, 2008 --(PR.com)-- Phyllis J. Bedford inspires and defies rhetoric as she lights a path with courage for many of those whose world is suddenly changed. This mother refused to allow a heartbreaking tragedy to hold her, heart and mind, captive to a life of enduring sorrow. Take a walk with Author, Phyllis J. Bedford, in the release of her first book, "A Personal Journey, Finding Wings With Shattered Pieces," as she fought for survival in a world that was dark, distant and totally unfamiliar. Phyllis takes you on a journey as she finds her voice and herself after the tragic shooting of her only daughter, Leslie, a City of Dallas 911 Emergency Operator, whose good deed turned bad and turned Phyllis' world upside down on September 11, 1992. To keep at bay the continuing presence of a debilitating pain, Phyllis forms an anchor that would sustain her in the way of The Leslie K Bedford Memorial Foundation. In LKB, Leslie now has a voice, one that man tried to silence, but God gave breath, feet and heart too, through those that serve with the foundation.

Survivors shattered by a major loss can identify with Phyllis as she evolves through her "personal metamorphosis," of grief. Phyllis reveals, "When we are shattered, each of us must travel our own personal journey in making ourselves whole again. I lived in a world that was not mine, a cocoon, a dream world, never being able to walk out of it. My wings were hidden and I was fluttering to find true meaning in my life. God's loving touch exposed and molded my wings with the shattered pieces of the greatest tragedy I have ever experienced."

Phyllis dispels the myth, "time heals all wounds" and gives a map to follow in order to heal. "Things happen to us from birth to death, some of which we have no control. Reading this book can bring comfort by being assured that God knows everything that will happen to us. He places within us everything we will need during our travels here on earth. Therefore, each of our journeys is uniquely based on God's purpose in us and our individual experiences."

Phyllis now helps people find meaning in their lives from the depth of their souls. Her book inspires them to believe flying is not enough, they too can learn to soar.

Books can be purchased at www.pjbedford.com; Contact Phyllis at phyllis@pjbedford.com or P. O. Box 2109, DeSoto Texas 75123-2109.

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