

# *Letters to the Brokenhearted*



*"...comforting, kind and useful advice... in this enjoyable self-help book, those messages are conveyed with a loving spirit." – Publishers Weekly*

*"There is wisdom on every page of this book... Wonderful book." – Writer's Digest*

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REFOCUS, REBUILD, RELOVE

*THE ULTIMATE  
LIFE COACHING EXPERIENCE*

WITH DR. PAMELA ANTOINETTE

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*Tandem Light Press*

# Letters to the Brokenhearted

***Woman-to-Woman Advice on Refocusing, Rebuilding, and Reloving***

Pamela Antoinette, Ph.D.

Take a quick glance over your shoulder. Odds are, at least one of those women standing behind you has been brokenhearted for years – raising kids, running businesses, even playing the field – all with the burden of the past still hanging on her shoulders. Or is that woman you? We ladies hide it well because we believe we have to. Whether our hearts were broken recently or many years ago, many of us struggle with trust, new relationships and how we see ourselves.

We don't have to live brokenhearted anymore. We can embrace lives that enable us to fully trust, fully love, and fully live. Letters to the Brokenhearted speaks passionately to the woman in need of a strategy to finally heal, stay strong, and take her life to the next level by:

- *Refocusing* on the strengths in her life
- *Rebuilding* what has been damaged
- *Reloving* with a new purpose

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AND PAMELAANTOINETTE.COM



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*Tandem Light Press*



# IT'S YOUR LIFE... LOVE IT!

Dr. Pamela's national tour spreads love, laughs, and inspiration.

With the launch of Dr. Pamela's book, *Letters to the Brokenhearted*, she has traveled the country to speak before excited, engaged, and curious audiences with her practical, no-nonsense advice and intriguing life experiences. Cities she visited this spring include Atlanta, New York, Milwaukee, New Jersey, Los Angeles, San Francisco, Savannah, and Chicago. But the conversation is nowhere near over as Dr. Pamela continues her tour this fall to colleges and universities across the nation.

# PAMELA ANTOINETTE, PH.D.

*Life Coach, Professor, Author*



## ABOUT DR. PAMELA ANTOINETTE

Dr. Pamela is a college professor and innovative business owner who holds a Ph.D. in Leadership for the Advancement of Learning and Service from Cardinal Stritch University. Her research focuses on interpersonal relationships, self-motivation, inspiration, resilience, and post-traumatic growth.

She is the founder of Inspiration Ink, an organization that houses EmpowerMe! CollegePrep, Tandem Light Press, and The Academy of Creative Coaching for students, aspiring authors, and future professional coaches who wish to empower others through their own unique gifts and talents. Additionally, she has written three books and contributed chapters to two others. Her latest book is Letters to the Brokenhearted: Woman-to-Woman Advice on Refocusing, Rebuilding, and Reloving.

The bulk of Dr. Pamela's career has been spent in higher education, where she has twelve years of professional experience. As a student affairs professional, she received training in suicide prevention, motivational interviewing, and substance abuse counseling. After completing her master's degree in College Student Affairs, Dr. Pamela pursued her Ph.D. to better position herself to help develop leadership skills in others, particularly with the desire to help people live fulfilling, purpose-driven lives.

Dr. Pamela has received numerous awards for her efforts, including:

Lady of Purpose Awards Finalist - Lady of Purpose Network (2014)

Cardinal Stritch University - Distinguished Alumni Award for Professional Achievement (2013)

ACPA Foundation Research Grant (2012 & 2008)

Journalism Department Head Award for Leadership in Journalism (2000)

Jesuit Association of Student Personnel Administrators - Ignatian Medal for an Outstanding New Professional (2005)

Wisconsin College Personnel Association - Awarded "Best in Show" for presentation at WCPA

“Her leadership style reflects a strong balance of empowerment, advocacy, and strength.”

- Dr. John Hoffman, Cal State Fullerton



## PAMELA ANTOINETTE, PH.D.

Dr. Pamela's mission as a writer, speaker, and educator is grounded in a philosophy that challenges each of us to take responsibility for our own actions in all situations. Empowerment starts within. Whether we are exiting an unhealthy relationship, rebuilding one that has potential, or striving to reach a new level of achievement, there is always a need to look within and determine what we may need to do differently to take hold of a more fulfilling life. Each book, poem, scholarly article Dr. Pamela Antoinette writes addresses this need - and her workshops and presentations show her participants how to get there.



- ★ Professor of qualitative research and higher education
- ★ College access, motivation, and relationship expert
- ★ Certified life and relationship coach
- ★ Diversity educator
- ★ Writing coach and workshop facilitator
- ★ Trainer for service-member reintegration

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