



Positive Matters: Words, Quotations, and Stories to Heal and Inspire

Helen Evrard

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The expression "Words have power" holds special meaning for author Helen Evrard. When she found herself under suicide watch in a locked ward after losing everything, while receiving suboptimal care for chronic depression and pain, she discovered the power of positive words. Insightful therapists helped her start on the road to recovery, beginning with the simple process of writing down positive words as she filled the empty hours in the hospital with reading. Positive Matters explores eighty words of a deeply affirmative nature, starting with the definition and etymology of each. This is followed by inspirational quotations from both famous and lesser known people statements that can make you see the word from a novel viewpoint. Evrard then presents a short, personal reflection on the word in which she shares the meanings, lessons, and valuable insight that arose out of illness, loss, and renewal. Intended as a tool to empower personal transformation or to just lift your spirits, Positive Matters helps you explore, learn, and investigate the incredible, positive power of words.



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