



She was no Lady: A personal journey of recovery through Hurricane Katrina

Michael Tracey

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This is the story of one man, who loses everything in the hell of Hurricane Katrina. He loses home, personal and professional belongings, and maybe more. How does he cope with the loss? Where does he direct his anger, his frustration? How does he try to rebuild his life, profession and community? Does he wallow in self-destruction or resurrect from the ashes? Does he have the inner resources to continue? How does he begin to give hope to people who have lost everything also? Where does he go for support? What does he discover about himself in the dark days and nights after the hurricane? Are there any answers to all those questions? Maybe, this book will provide some answers. This is his story. But, in a way, it is everyone's story. It is the story of everyone who has lost a heart, a home, a job, a friendship, a soul mate, a loved one.

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