

An intriguing and creative novel-like self-help book that peels back the masks of broken hearts to assist in healing individuals mind, body and spirit.

During dinner with his Uncle Bert, fitness and lifestyle coach, Trevor MacElroy heard God's voice and knew it was time to help his Uncle fulfill a past request. State Representative and business owner, Bert Spencer, was a self-made millionaire residing in Houston, Texas. He had recently confessed his growing guilt and regret for abandoning his deceased sister, Sddie, over 40 years ago.

In 1970, Sddie was a struggling, young, single mother with four girls. Her inability to make ends meet led Sddie to ask her brother Bert for help. His refusal of support left Sddie hurt, broken and unable to save her girls from lives of murder, incest, physical abuse and mental illness as a result of poverty. Bert now wants to turnaround the lives of Sddie's grandchildren as he seeks peace from what he believes was the greatest mistake he ever made.

Appointed by Bert, Trevor must now prepare the family to take over the security company their Uncle built. However, Sddie's grandchildren continue to make reckless decisions and struggle to walk away from their destructive lifestyle behaviors. Their lack of education, training and family secrets threaten to ruin the family legacy. Trevor learns that his cousins are not the only family members with secrets and Uncle Bert must make his own confessions.

This story of hurt, family secrets, public corruption and suicide leads to truth, healing and love.



*Fitness coach **Bridgette L. Collins** is the owner of Total Innovative Wellness Solutions, LLC, a consulting firm that provides individuals and organizations with strategic solutions for implementing and sustaining healthy lifestyle habits. She lives in Grand Prairie, Texas.*

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BROKEN IN PLAIN SIGHT

COLLINS



A Story of Truth, Healing, and Love

**BRIDGETTE L
COLLINS**

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