



Family Ties - What Binds Us & Tears Us Apart

Alara Payten

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Families are the roots to our future and they endure many situations as they learn how to live with each other with different perspectives which can lead to upset, confusion, anger, separation and at times even abandonment. I wanted to bring to light the many topics that most of us keep hidden due to our sense of loyalty that we have all been conditioned to have within our families. Reaching out across the land to some amazing people to help me get my message across that we are all one family when we extend ourselves to our Family Ties and that we can all heal from these aspects when given the chance to know we are not alone. I myself have lost count of how many times I have been torn apart by the situations mentioned above. This has led me to knowing that it was time to showcase these issues to the world along with some incredible people willing to open their hearts and souls to you; not just to share their experiences but also their wisdom of how they handled these situations in life. Family Ties - What Binds Us & Tears Us Apart brings you 21 amazing people with heart-wrenching experiences from across the globe, all of whom end their chapters with a motivational tip that you can then use to bring enlightenment so you can carry on.

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