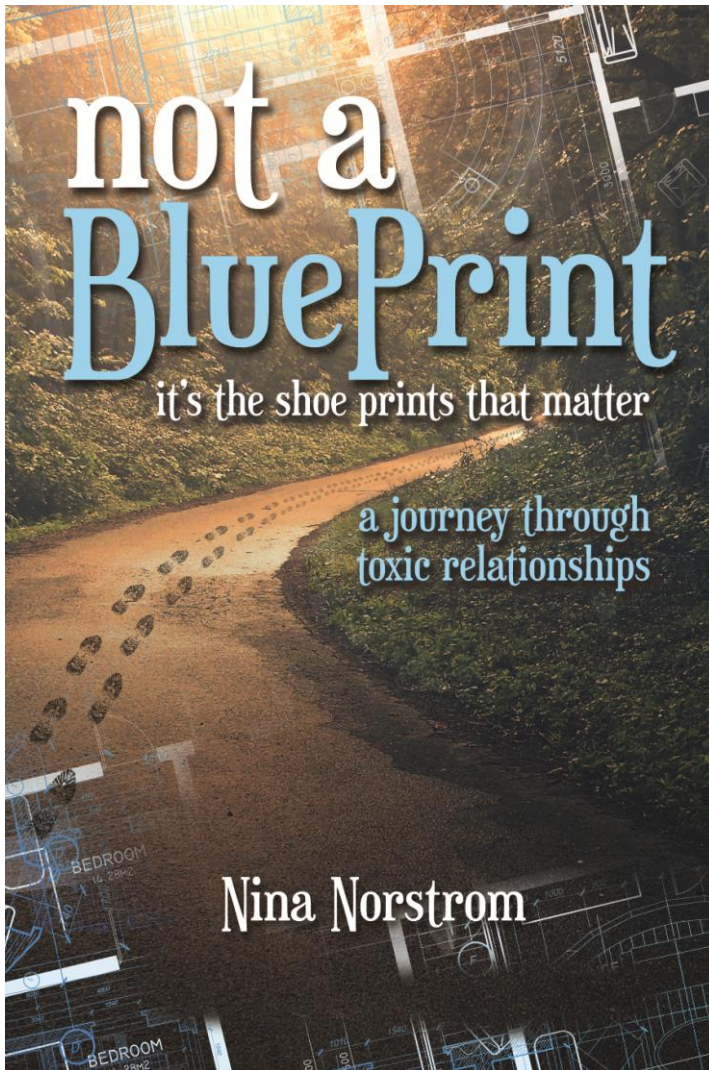


Not a BluePrint

It's the Shoe Prints That Matter

Written by Nina Norstrom



About the Book

Allowing us to learn lessons, let go of toxicity, and gain insight, relationships can play a powerful role in our lives. They are formed with people, alcohol, animals, battlefields, diseases, drugs, environments, and even our emotions. Whether toxic or nontoxic, relationships are an integral component of daily living.

Author Nina Norstrom lost her child to a disease, but that wasn't the only toxic relationship she endured. In this book, she explores the effects that her relationships with grief, pain, trauma, and forgiveness have had on her life.

This tale exposes a mother's struggle to escape her world of toxicity, her journey out of the clutches of diseased relationships, and the shoe prints the experiences have left on her family's history. This story in its raw form projects a remarkable voice to the heroic fight, courage, and bravery gained when striking back to wipe out toxic relationships. Its message reveals that life brings many challenges and that each challenge provides lessons to be learned.

This book is not intended to be a blueprint for dealing with diseased relationships. It's about the shoe prints: those symbols of life's journey that are left by our experiences. *Not a Blueprint: It's the Shoe Prints that Matter* is an insightful and inspiring personal story of one family's journey through toxic relationships.

About the Author

Nina Norstrom grew up in a small suburban town outside Chicago, Illinois. She received her bachelor's degree from Concordia University.

She is a passionate champion for many noteworthy causes, including those battling toxic relationships. When not reading or writing, Nina can be found mountain climbing, taking long walks in a park or alongside a beach, sitting at a concert, supporting an author at a book event, traveling, and jumping in to exert her energy by doing volunteer work at a variety of venues.

ISBN 978-1-939371-47-8 (Paperback)
ISBN 978-1-939371-48-5 (eBook)
Retail Price: \$16.95 (Paperback); \$7.99 (eBook)
Family Relationships/Toxic Relationships/Memoir
6 x 9, 190 pages
Publication date: April 5, 2016

