

## FOREWORD

My initial reading of *A Path to Wholeness* transformed my life. I am not much of a reader, but was quickly drawn in by the energy of Tashene Wolfes writing. Her honesty and ability to make me think allowed me to look at my life from a new perspective. I had never really thought much about why I do things or why I react in certain ways, but all of a sudden, I found myself questioning and re-examining my motivations.

Every single one of us has aspects of our lives where we may not feel complete or where we feel there is something missing a GAP. Tashene very clearly outlines how we begin to formulate these GAPS and silently lose our ability to see who we truly are or to feel whole. We begin to step into certain roles to cope or function. A thorough discussion of the roles of Victim, Persecutor and Rescuer, shows us how these dysfunctional archetypes stunt our growth. It is fascinating to me how these roles can quietly sabotage our ability to heal certain aspects of our lives and prevent us from feeling good in our skin.

As you move through this book, you may find that you recognize many of the patterns she so clearly outlines. My suggestion is to take your time and be completely honest with what you are feeling. Some of it may make you feel uncomfortable. Thats okay. Sometimes finding the truth is a difficult task, but it is sure worth the journey.

You will not only have the opportunity to examine your dysfunctional patterns, you will also have the opportunity to find ways to begin to heal them. If you are willing, she will empower you to look at your life with more honesty and integrity. You will find practical strategies and exercises that will make this process easier. Tashene will take you through these potentially life-altering steps in a firm, but gentle way.

One of the greatest gifts this book may give to you is hope. Sometimes life can be overwhelming and healing can seem to be an insurmountable task. Tashene's open and loving style can help you to move forward and begin following your own personal *Path to Wholeness*. This pathway will encourage you, as Tashene says, to start being a human being, and not a human doing. Learning to embrace your personal truth is awe-inspiring.

Andrea McCabe