



Sunrise from An Icy Heart: A Memoir

Claudette Alexander

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Do you want to overcome betrayal, grief, and/or manage a chronic health condition, and find fulfilling love? SUNRISE FROM AN ICY HEART: A MEMOIR begins with love and ends with love. You go on a discovery of the human need to find a special love, no matter what, no matter where, no matter how. This novel will have you believing in true love even after a heart damaged from debilitated relations. As Claudette's inner warrior awakens, she stands in her power, courage and confidence. From this place of strength she is able to turn pain into pleasure and unleash her inner Goddess. Told with drama and style, sparkling with warmth and humour. Sunrise From An Icy Heart captures the pain and pleasures of one young woman forging ahead against the odds. Alexander chronicles her journey from age 22 to 59. A story of survival and determination, from St. Lucia to Canada through a midst of rejections, abandonment and the power to smash through the fence of fear and fly. A sensual, amusing, and fun read that will stimulate your senses, make you laugh, cry and learn essential life lessons. This book is intended for mature readers.

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