

# UNWRAPPING THE GIFT OF HEALING

## Lessons in recognizing and overcoming woundedness



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*Woundedness is as universal  
as the weather with signs  
for predicting the journey.*

Debra Palmer, Family Nurse Practitioner, earned a PHD and DNP from the University of San Diego and BS degree from the College of St. Scholastica in MN where she was raised. She is a business owner, nurse practitioner and former professor.

Debra resides in California where she enjoys hiking and gardening with her husband near their adult children.

### STORY IDEAS

- 4 A's of overcoming woundedness
- 7 Practices for positive Wellbeing
- Recognizing our most Vital Sign
- Assessing the wellness of our soul
- 4 Predictable stages of Healing

Palmer's memoir bridges her clinical expertise with personal experiences of adversity to explain what our physical wounds teach us about our healing hearts. Drawing connections between the science of tissue repair and the universal experience of emotional recovery, Palmer offers a groundbreaking framework for understanding how we heal from trauma, offering a transformative exploration of how our deepest wounds can become doorways to purpose, meaning, and connection.

