



Recalculating Destination: My Journey from Self-Help to Freedom

Hope C Wirta

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Hope C Wirta is trapped in one of her darkest times. Her husband has died, leaving her to raise four children on her own. At the end of her rope, Hope attempts to be the best mother she can be while still maintaining a healthy relationship with God.

She marries a wonderful man and is excited about a fresh start, but married life with Stan complicates things further. The young couple struggles to keep food on the table for their combined seven children and Hope's now dependent mother. Desperate, Hope turns to eating and spending ("speating") to cope.

She tries everything to get her habit under control, but nothing works. Only when she realizes that this compulsion is *out* of her control does she understand what she has to do.

Hope's spiritual growth is chronicled against the backdrop of her messy, relatable family and kind, committed husband. Hope is a wife, mother, and woman, and her words will strike a chord for anyone in a similar situation. Readers will fall in love with Hope as she candidly relates the lows in her life and the one moment where everything changed.

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