



My Spring of Hope

Hellen Frost

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Hellen Frost

My Spring of Hope Hellen Frost

In her second book of poems Hellen continues on her healing journey as a child of God through the seasons of the year. Hellen uses things that she sees or hears in everyday life to listen to God, inspiring the words that become these simple poems from her heart. Through understanding and experiencing God's amazing love as her Father, Hellen has continued to move forward from a difficult past where she battled with depression, post traumatic stress and self harm in amazing leaps and bounds.

Are you inspired to live your life fully for God?

Do you live with the expectancy that God will speak to you?

Join Hellen in her journey and step out on your own to listen to God and learn to experience His love in a new and deeper way.

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