

Review for 'The Peace Angel' by Author Nola Hennessy

Australian Angel Grows American Wings

Reviewed by Cynthia Brian, June 2013

As the producer and host of Starstyle® Be the Star You Are!®, I have had the pleasure of interviewing the inspirational, upbeat, and motivational author, Nola Hennessy numerous times. Her books *No Boxing Allowed* and *From PMS to PMA* have earned her accolades and awards from around the globe and her deep passion to create peace and harmony in our world through her company, Serenidad Consulting, is laudable. But behind her beautiful smile, lurked a suffering that was unknown to her fans and followers.

In February of 2013, her mother died and this death unleashed an avalanche of emotions within Nola resulting in her moving autobiography, *The Peace Angel*. "My childhood years, including infancy and toddlerhood, were a mixture of nurturing love, fun and laughter, strong and emotional detachment, painful absence, cruelty, physical and emotional abuse, sacrifice/denial and supreme levels of control," wrote Nola. This was just the beginning. She was never wanted by her mother and throughout her life endured numerous challenges, mistreatment, abandonment, failed love affairs, and betrayals. She trusted people who mistook her gentleness for weakness and her kindness for an opportunity to poach upon her heart. Her strongest love was for a Texan, yet, this relationship resulted in her deepest sadness and the loss of their baby.

How she was able to recall in detail people, conversations, experiences, and events that happened decades ago amazed me. One thing was obvious, Nola was hurt and abused by many of those who claimed to love her. Peace and harmony were rarely part of her existence for much of her life.

Her accelerated healing began when she entered hypnotherapy, which helped her remember the particulars of her past in this lifetime as well as three past lives, described eloquently. Readers will also witness the time she spent in heaven and learn how it was the comforting words of God that have accelerated her healing process.

This is a heart-wrenching read. I cried for the past pain suffered by this gentle, compassionate author that I have come to know as a calm cherub. The good news is that with all the trauma of yesterday, Nola has evolved as a loving and forgiving soul with a message of peace and light at the end of the dark tunnel. In writing this autobiography, she has breathed a sigh of relief. This writing journey has been an immense catharsis and is a heavenly reward in itself. Nola is a force of nature. She is coming to America and somehow, I don't believe the love story between Nola and the Texan is quite complete. Stay tuned as this Australian Angel spreads her American wings.

Cynthia Brian is a New York Times best selling author, TV/Radio personality, speaker, coach, and Founder of Be the Star You Are!® charity, www.CynthiaBrian.com, www.StarstyleRadio.com, www.BetheSTARyouAre.org