



SOLD AT THE AGE OF 8

HOW THE LITTLE GIRL TURNED HER PAST WOUNDS INTO WISDOM & PAIN INTO PURPOSE

Sussi Mattsson

Sussi Mattsson is an international coach & speaker, mother and author of the upcoming book **"From Me To You™"**. In this book Sussi takes readers on a powerful and poignant journey of hope and overcoming obstacles as she describes her personal harrowing story of how she ran away from home only 8 years old, after finding out that her abusive father was about to sell her to strangers in a foreign country.

The From Me To You™ Movement was born – an exceptional venture dedicated to help others address and make peace with their traumas from the past by writing their own Wisdom Letter following Sussi's proven 4-step method that has already helped more than TEN THOUSAND people around the globe.

She is now on a mission to help **1 MILLION** people transform past wounds into wisdom by building emotional bridges to a better and more fulfilled future.

The creation of the soon to be released app, **From Me To You™**, is dedicated to improve the mental well being and help create more happy people.

STORY IDEAS

- 4 steps to write your healing Wisdom Letter and leave your legacy
- 4 ways unhealed wounds affect your life
- 4 reasons why your company and employees benefits from a mental health program
- Why hope keeps us moving in challenging times
- Going through challenging times – here are 6 things what NOT to do
- 3 ways to unlock your "soul sucking" subconscious survival patterns
- The #1 way to break the generational trauma
- 3 ways to be Emotionally Fit
- 4 ways to control your triggers
- Why we need to strive for HAPPY NOW and not happy ever after
- The #1 reason you get re-victimized

BOOK SUSSI NOW

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