

A Healing Heart Book Reviews

A Healing Heart takes the reader to a special place and time that only the truly blessed can capture in words. After the heart-breaking loss of her beloved father, the author shares her inexplicable struggle with a spiritual calling to go on a pilgrimage to Medjugorie. Despite medical challenges and frustrating feelings of anxiety, she embarks on a life changing journey that not only renews her faith, but empowers her to renew the faith of others. The manner in which Alberta Sequeira shares her innermost thoughts and feelings with the reader is inspiring and thought-provoking. I enjoyed this book immensely.

Review by Diane Kozak, Published Author of Full Circle 911
June 12, 2008

Strengthen Faith

I found myself unable to put this book down. Through all the author's experiences from dealing with her father's sickness and ultimate passing to her pilgrimage to Medjugorje, I felt as if I were right there with her.

Her writing style puts the reader right where she is so you actually feel her pain with her father's passing yet at the same time you can feel her faith renew itself and blossom.

Medjugorje was a wonderful experience for me, although I have only been there through reading this book. The humbleness of the people of Bosnia and the way they open their hearts to strangers made me feel humble as well.

What links these residents with the pilgrims is a mutual faith in God who is willing to show us Miracles so that we may Believe and Trust.

After reading her book, maybe we can just slow down for a moment and contemplate what is really important to us in our own world...the people in our lives whom we love and care about and a God who will never abandon us.

Thank you Alberta for helping me strengthen my own Faith.

Reviewer Gail Brazil (10/30/07)

Embrace life and believe again in the power of faith. Written with intense emotions, the author brings to us a personal and spiritual journey.

Alberta Sequeira faces the last facet of life- death. She deals with the death of her father by learning about his life as a man, a husband, a father and a believer in miracles. She learns that as a Commanding Officer in W.W.II, he was loved and respected by all men whose lives he touched and protected. She has to accept her mother's way of coping with the inevitable and is grateful for the valuable help and heartfelt empathy from 'Cathy' of the Hospice Association. Throughout this tragedy, Alberta regains her faith in God. Remembering her father saying

"Family is one of the most important things in life" and "Love one another as I have loved you" (St. John 15.12) We need to all remember to tell our loved ones while they are with us how we feel, how grateful we are to have them in our lives. All too soon it will be too late!

Not long after her father's passing, Alberta's mother falls ill. Once recuperated enough to travel, Alberta and her sister take her to pray at the Shrine of The Blessed Mother in Medway, MA where they experience a mystical moment heightening all of their faiths.

After her own health issues are sorted out and overcoming many fears, Alberta travels to Medjogorje in Bosnia. This is a spiritual journey to a place where many claim to have received visits from the Blessed Mother Mary. Not only does she make numerous life long friends, find her own confidence, deepen her renewed faith, she also finally understands that the love and happiness we all crave comes from within.

There are many excuses in life that we use to leave our faith behind or question God's very existence; disillusionment with our political and religious leaders, personal tragedies we cannot comprehend, war itself, let alone the horrendous war crimes committed against our fellow man. All too often we turn to Him only when we are desperate, when we should talk to Him with gratitude, as well. We need to be teaching the next generations the importance of faith.

Alberta H. Sequeira is married and lives with her husband in Rochester, MA. She relaxes by reading, gardening and in the portrayal of this powerful story, we know she enjoys her writing. This is her first published novel.

There are so many life lessons to be found in this book. Alberta has also enlightened many families about the benefits provided by accepting help from the Hospice Association.

I would Highly Recommend this novel to readers of all faith and spiritual viewpoints.

Reviewer: Cheryl Ellis, Allbooks Reviews

Miracles Happen

In 1986, Alberta Sequeira asked her father if he believed in miracles. His answer was an unequivocal yes. Four years later, Alberta had to put all of her faith in miracles as her beloved father lay dying of cancer. Although Alberta's prayers were not answered in the way she wished, the long hours spent with her father before his death, seeing his unshakeable faith in God, began to reawaken her own sadly neglected faith in God. Then, in 1993, as she was preparing to enter the hospital for her own surgery, trying to put up a brave front for her family while inwardly frightened to death, she experienced her own miracle as the voice of God came to her the night before surgery and told her, "Do not be afraid. I'll be with you." An enormous sensation of peace came over her and she didn't even need to take the tranquilizers the doctor prescribed for her.

After a surprise encounter in Medway, Massachusetts, Alberta makes the decision to visit Medjugorje, in Bosnia, where six people claimed to be receiving visits from the Blessed Mother Mary. Once she made up her mind to go, nothing could stop her, not her health, her fear of flying or the refusal of her husband to accompany her. All she knew was that she had to go. And so the preparations began. Buoyed with the well-wishes of her friends and family, loaded with prayer requests she is determined to honor, Alberta sets out on the longest journey of her life.

The visit to Medjugorje is filled with joy and miracles as Alberta comes to realize that true joy and happiness come from within, when people turn their lives over to God rather than focusing on material possessions. She returns home, spiritually recharged, ready to undertake her mission for God, fighting Satan as he continues to tempt the weak in an effort to win their souls.

I was reading this book by flashlight as I sat for the fifth day in a row in a house that had lost all power from a winter storm. Wrapped in two quilts, a heavy winter coat and insulated boots, I read this passage from the book: "...we will all suffer, whether it is mentally or physically. It's our punishment for our sins: like Adam and Eve. Jesus waits for us to offer up our suffering and trust in Him." So I closed my eyes and prayed that our family would get through this...my mother, who is 75, my younger brother who has a heart condition and finally for myself because I hate cold weather. At the exact moment I finished my prayer, the lights came on. Most people will scoff and say it was just a coincidence. They'll never convince me...I know what happened.

"A Healing Heart: A Spiritual Renewal" will annoy most unbelievers. For the faithful, it will be a reaffirmation.

Reviewed by Joanne Benham for Reader Views, www.readerviews.com, Austin, Texas
12/06

Great Job!

Alberta put in to words what many of us feel when we go through a family crisis. It was very real and heart felt. I think many of us are surprised at how we all act and feel during

these crisis's and are afraid to express that, Alberta was not. She told of the good and the bad, it made you feel like you lived it with her. I am sure most of us could relate to her book. Also during her trip when she spoke of the different places she visited you felt like you were there. For me it was a book that I could not put down. A must have for Christmas.

Nancy Brady, A reviewer, 12/05/2006

Moving!

A Healing Heart was one of the best books that I have ever read! For me, it wasn't simply an interesting book to read. It turned out to be a complete experience that literally made me cry three times before I got to the 8th chapter. I am truly impressed. The author did a wonderful job portraying her experience, emotions, spirituality and, not only a strong message, but a very appropriate message, especially in the final chapter.

I received the book less than 5 days ago and from the moment I opened it up, I couldn't put it down again. She delivered a powerful message. I'm glad she shared her story and gave me not only an insight to her father but a greater insight to God. I will recommend it to everyone I know, and I honestly believe that anyone who has lost a loved one should read it regardless of their faith.

Fred Kawa (Whitman, MA) 10/23/06

I am not a reader, but I must say that this book has me hooked. My husband and I are taking turns reading, and it comes down to whoever picks it up first gets to read that night.

New Reader
Annette Gammon
E. Freetown, MA (10/14/2006)

Spiritual!

A Healing Heart by author, Alberta Sequeira, kept my interest throughout the book. There were times, I couldn't put it down. It was inspiring and uplifting. It was written with great faith through the Holy Spirit.

Donna Sousa
West Warwick, Rhode Island, USA (9/23/2006)

Powerful & Emotional!

A Healing Heart, by Author Alberta H. Sequeira is not only a poignant look into the relationship between a father and daughter, but also shows how said daughter deals with the loss of the father. Throughout the book, Ms. Sequeira places her inner most feelings on the pages for all to read and to grasp, not only the bond she and her father shared, but also how his death affected her. Through her travels and faith, Ms. Sequeira is able to find a way to cope with that loss, find her own inner healing, and at the same time, share her faith with others. I would definitely recommend this book to anyone who has that special father-daughter bond, those who have ever lost a parent and struggled to get past the grieving process, those seeking spiritual reading and anyone who loves a good book! This book is a must buy.

Candice M. Martin, Author, Reflections In My Tears & Petals of Life: A Survivors Writings.
Massachusetts (9/22/2006)

Refreshing!

"I was very impressed with Alberta Sequeira's latest work, A Healing Heart. The writing is honest and familiar, while the story is easily relatable and quite real. As a once-converted Catholic who is now repulsed by the church's recent scandals, I appreciated the message of awareness and found her faith refreshing. From the depths of a daughter's love to the nail-biting journey.

Steven Manchester, Author, The Unexpected Storm; Jacob Evans; Pressed Pennies
Massachusetts (9/22/2006)