



# Loved as I Am: An Invitation to Conversion, Healing, and Freedom through Jesus

By S.O.L.T. Miriam James Heidland

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When Sr. Miriam James Heidland's life as a successful college athlete proved unfulfilling, she went searching for something deeper and ended up falling in love with Jesus. By charting her own journey toward wholeness, Heidland invites young Catholics to pursue their own relationship with Jesus.

Although originally full of athletic ambition and goals for a career in sports news, Heidland was transformed in a very slow but deep way during her undergraduate years, moving from party girl to bride of Christ. In *Loved as I Am: An Invitation to Conversion, Healing, and Freedom through Jesus*, Heidland helps readers learn from her experience of seeking love in the wrong places and instead finding it in Christ. She shares her struggles learning she was adopted, battling alcoholism, and healing from childhood sexual abuse as signs of hope that anyone who desires to know Christ can find him and be loved intimately by him in return. By bringing readers into Heidland's healing process, *Loved as I Am* provides a gentle and subtle template for finding peace and freedom in Jesus.

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