



# Muddy High Heels: 14 Lessons Learned From My Breakdown, Breakup & Breakthrough

*Pamela Elaine Nichols*

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**Muddy High Heels: 14 Lessons Learned From My Breakdown, Breakup & Breakthrough** Pamela Elaine Nichols

Discover what holds you back from the joy, freedom and self-confidence you desire. Pamela Elaine goes deep into what held her back, confronting painful truths that ultimately led her to be a happier woman, mother and friend. Her book is a journey and a journal where you, the reader, get to document your personal breakthrough that each lesson provides.

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