



---

## Foreword

*“Why do you always make us cry?”* was the insightful yet surprising question asked of me by a 17-year old student in a Teen Self Esteem class I was teaching in Los Angeles. We were playing a game called, “Ask Barry” where the students were allowed to ask “anything” they wanted. Yes, I said, “anything”.

Over the years, I am sure you can imagine the questions that have come up. As a matter of fact, it would be hard to imagine a question that has NOT come up.

During the week in Los Angeles, I had the honour of sharing many stories, processes and concepts with the teens, during their private classes and during the time when the teens were invited to participate in the large classroom with their parents and the other 200 souls attending the business conference.

I made it a habit of telling at least two *Chicken Soup for the Soul*® stories in each of my lessons. One story was funny and one story was touching. The touching stories sometimes had the effect of bringing some people to tears.

The young teen’s question, *“Why do you always make us cry?”* was asked to cover up the fact she had “leaky eyes” three or four times during the week.

It was a very interesting question for me. Firstly, as she was asking it, I thought to myself, *“How am I going to answer her?”* Secondly, on a personal note, when I get an immediate response to my silent questions - like - *“How am I going to answer her?”* it is usually the right answer.

With minimal hesitation I said to her, *“Jennifer, one thing I have discovered over the years is, to the level that you are vulnerable - is to the level you will heal.”*

The book you now have in your hands, *Hearts Linked by Courage*, is a perfect example of what I shared with Jenny the teen. This book will invite you into the private and personal lives of the writers as they courageously share with you what it took for them to, not only “beat the odds” but also, in some cases, “beat all the adversities” that were facing them.

You will also be invited to make a few choices for yourself. Sheri will invite you to take the next step in your personal healing - and - she will invite you to celebrate your life to the highest possible level.

It will take a few things on your part: Determining HOW you want to live the rest of your life; DECIDING to do it; and summoning the COURAGE that you have inside you to cherish the blessings of the past and embrace your perfect future.

Even though I may not have met you personally, if you are reading this book, I can honestly say that you most likely possess everything you need to create your life anew. This book will show you how to do it.

Many Blessings,

Barry Spilchuk

Founder - *You're My Hero*® Books

Coauthor - *A Cup of Chicken Soup for the Soul*®