

What Others Are Saying:

“Trudy helped me through a difficult time in my life. The compassion she has for the “vpt” woman is evident. This resource has calmed the storm in my soul. I am so grateful she had the courage to broach this subject.”

“Jill” “vpt” woman, Colorado

“Finally! I am so grateful for “CPR.” It is so nice to know that I am not crazy! It was hard to look at my “vpt” but once I did with the help of this book, I am in a whole new place with my life.”

Liz “vpt” woman, California

“This is the book I wish I would have found ten years ago. Finally! I’ve found a common sense way to process my past abortion. This resource was very helpful for me to get to the bottomline and work through to a better place with my “vpt.”

Mary “vpt” woman, Texas

“*CPR*” is a wonderful combination of compassion and professionalism that speaks to the “vpt” woman in no other way. I am so grateful for this resource that I will be giving out to my future clients.”

Terrie Lenzini, LPC, Colorado