



## I Am a Dirt Sandwich

*Catherine J. Bowen*

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# I Am a Dirt Sandwich

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## **I Am a Dirt Sandwich** Catherine J. Bowen

Do you ever feel like a dirt sandwich? All "look-at-me-I've-got-it-all-together" on the outside while you're all "if-you-only-knew-how-bad-I-feel" on the inside" Author Catherine Bowen wants you to know you are not alone! Find compassion and understanding in the real life experiences of the author as she shares her own struggles to find hope, peace, and joy while fighting the pain of hidden depression, illness and loss. Her personal relationship with our Savior is expressed with humor, honesty, and a faith that speaks to the human condition. You find yourself in her everyday challenges and may very well be drawn into a closer relationship with Jesus too.

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