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## **Mirror, Mirror: A Reflected Life**

*A Journey from Brokenness to Renewal*

by Carolyn Ros

Carolyn Ros, or Kari as she was known during her growing-up years, seemed to have everything going for her as she graduated from high school and headed off to college. The child of American missionary parents, she had grown up in Japan speaking two languages. Very early on she was chosen to model for Japanese advertisements, she excelled in her studies in a well-respected international school, and seemed to be the belle of the ball. Underneath it all, however, was a mountain of fear and doubt that was plaguing her and driving her deeper into anorexia and bulimia. Then, on top of all that, her world came crashing down as her face, hands, and knees were injured in a motorcycle accident. She was left a shaken shell. It would take years of serious probing and honest self-examination and a bold question from a fellow college student to get her started back on the road to self-realization and fulfillment. The book not only includes her story, but also many of the spiritual meditations that brought her renewed hope and strength.

Carolyn was born in the United States, raised in Japan, met her Dutch husband at a Bible College in England and is of Norwegian decent. She lives in Amsterdam, The Netherlands, with her husband, Johan, their adult children and their families. They work for an interdenominational Christian organisation in the area of teaching, speaking, coaching and mentoring.

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