



I Took It As A Sign

Susan Ashton-Burghley

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Susan Ashton-Burghley was born in England, and raised in Vancouver B.C. after immigrating with her parents at age three. She has an extensive background in the law enforcement field, working in various capacities, including being a former member of the RCMP. On a personal level, her interests lie in self development and psychology, with a leaning toward a holistic approach which embraces the mind, body and spirit connection with regard to overall health. Through her Police work she's dealt with the dark side. It's something she learned about in her personal life, having been the victim of child abuse. Despite the disturbing nature of these events, and its emotional fallout, she's still managed to keep a perspective that's open, optimistic and embracing of life. Her non-fiction story, I Took It As A Sign, in Susan's candid and personal description of the emotional mine-field that we all have to walk through. Her account, in its heartfelt intent to pursue what can improve our lives, helps us to take those first steps needed to clear that field of all that can hurt us, to leaving only that which can help us grow.

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