



# Maria Jefferson

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**Purpose Path**  
Counseling Services, LLC

## ABOUT THE AUTHOR

Maria Jefferson, LPC is a survivor and an overcomer who is committed to demonstrating that healing and growth are possible. Jefferson is on a mission encouraging the possibility of change and to destigmatize mental health treatment within Black, Indigenous, People of Color (BIPOC) and underprivileged communities. She earned her master's in human services and became a Licensed Professional Counselor, trauma and relationship specialist, speaker, and author. She is the CEO and founder of Purpose Path Counseling Services, LLC and The Purpose Project.

## PATH TO PURPOSE

### Summary

*How can we heal what we would rather forget?*

*Can we heal the trauma living in our bodies?*

*Could our challenging life experiences be a guide toward our purpose?*

—  
In Path to Purpose, she shares her personal experience with complex post-traumatic stress disorder (PTSD) and workplace trauma—and how she's navigated being the wife of an Operation Iraqi Freedom (OIF) veteran with combat theater exposure. She shows her path to healing the trauma that lived in her body and how you can navigate this path, too.

### Publication Date

09/11/2024

### Page Count

158

### ISBN

Hardcover 979-8-9914115-1-6

Paperback 979-8-9914115-0-9

### Genre

Nonfiction, Self Help,  
Memoir

### Available At

Amazon

### Publisher

Purpose Path Counseling Services, LLC

