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# ***Rebuilding the Family Unit: From Fractured to Unstoppable***

## By Shane Russell

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Dedication

To my son.  
 You are the reason I began rebuilding everything — starting with myself.  
 May you grow up knowing what family truly means.

To the chainbreakers.  
 The ones who looked at generational dysfunction and said,  
 “No more.”

Acknowledgments

To the elders who still carry wisdom — even when we weren’t ready to hear it.  
 To the parents doing their best with what they were given.  
 To the families who are rebuilding from scratch — and refusing to give up.  
 To the broken homes being reimagined into sacred ground.

And to every single reader choosing presence over perfection, love over pride, and truth over silence — this book was written for you.