



ABOUT THE AUTHOR

"Forgiveness is not a destination we arrive at but a journey we walk daily. Each step is a choice to release, to heal, and to embrace the freedom that comes with letting go." - Tressa L. Ruffin

Elder Tressa L. Ruffin, a native of San Antonio, Texas, is an inspiring woman of faith, committed to serving others and guiding them towards spiritual growth and transformation. Currently serving diligently as an Elder, she finds immense joy in her role and in her marriage to Vandrix Ruffin, her loving partner in life and ministry.

With a solid academic foundation, Tressa has studied Business Administration with a focus on Human Resources, and has furthered her passion for spiritual teaching by earning a Master's in Biblical Studies. Her dedication to learning and growth extends beyond the classroom, as she is also a certified Master Life Coach.

Her specializations include Goal Success, Happiness, Life Purpose, Professional, Spiritual, and Transformation Life Coaching. Tressa uses these skills to empower individuals to reach their full potential, overcome life's challenges, and discover a deeper sense of purpose.

As an author, Tressa has written transformative works focused on guiding others through the healing power of faith, prayer, and forgiveness. Her books and Bible studies draw from her own experiences and insights, offering hope, practical wisdom, and spiritual encouragement. Tressa's heartfelt mission is to inspire and equip others to live a life that is whole, healed, and aligned with God's purpose.