

# Cynthia Gwynn Empowers Readers through a Story of Love, Betrayal, and Spiritual Awakening

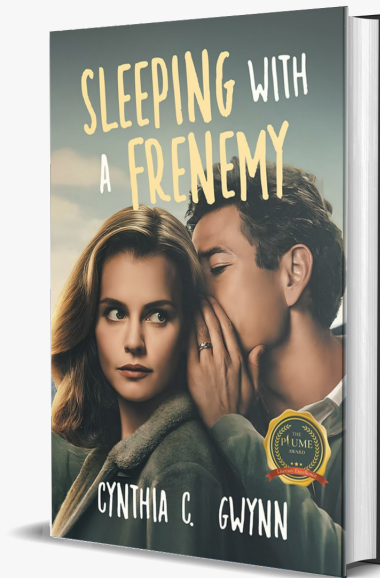
*A heartfelt journey of resilience and faith from a passionate encourager and leader.*

COOKSTOWN, NJ, UNITED STATES, May 1, 2025 /EINPresswire.com/ -- Cynthia Gwynn's work, "[Sleeping with a Frenemy](#)," tells the emotional story of a young woman navigating betrayal and rediscovering her faith. A pastor, wife, mother, grandmother, certified life coach, and early childhood professional for 38 years, Gwynn brings a lifetime of nurturing, encouragement, and empowerment into her writing.

In this moving narrative, Gwynn follows Celest's painful journey as she struggles with love and trust. Believing she had found acceptance, Celest instead faces deep betrayal from someone she once trusted most. Through a series of emotional events, she ultimately finds her true self and strengthens her spiritual walk, offering readers a powerful story of hope and personal transformation.

Gwynn's passion for uplifting others shines through her work, fueled by her extensive background in early childhood education, her leadership roles in business and ministry, and her certifications in life coaching and makeup artistry. Her dedication to personal and spiritual growth continues to impact her readers and community deeply.

"Sleeping with a Frenemy" motivates readers to embrace their inner strength, walk boldly in their faith, and strive to become the best version of themselves. This inspiring novel is now available for purchase on Amazon and Barnes & Noble.



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