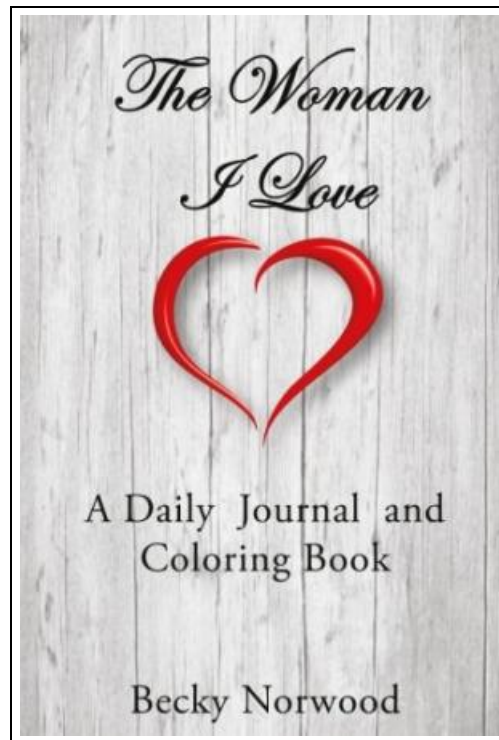


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is a companion to The Woman I Love: Surviving, Healing and Thriving After a Childhood of Sexual, Emotional and Physical Abuse. Becky Norwood believes that journaling, putting pen to paper to write your story, combined with expressing oneself through art is an incredible tool for healing. Childhood sexual abuse is most often perpetrated by someone the victim knows. It happens to both boys and girls. Domestic Violence is also perpetrated generally by one we once loved. If you, or someone you know is experiencing abuse or has in the past, know you are not alone. This happens in epidemic proportions in our world and the pain that it leaves us with is incredible. Our goal is to not only create awareness, but more importantly share a message of hope and healing. There are many studies that show that abuse survivors often suffer from many self destructive issues as adults. Many are broken and struggle to find wholeness. We are here to say that you are NOT alone. That healing IS possible. There is quite a movement happening right now. A movement of women and men rising up and speaking out. The beauty of this is that in there is an amazing healing that takes place from the writing and sharing of your story. As we write, and as we have shared, we found that we began to write ourselves a new story. We begin to see things in a different light. We begin to forgive, first and foremost ourselves, then others who were involved. We feel that forgiving is something that must be done for ourselves. In that process, we begin to love ourselves. A key ingredient to transforming our lives into not just healing, but...

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