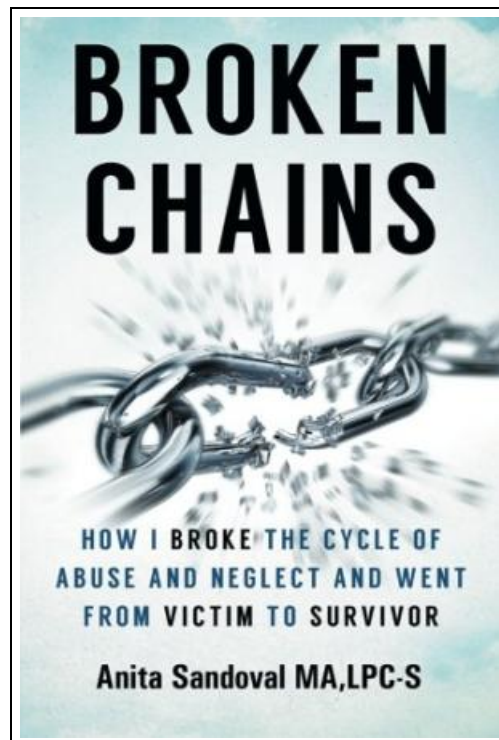


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AUTHORHOUSE, United States, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****.Winston Churchill once said that -success consists of going from failure to failure without loss of enthusiasm.- I have always looked to inspirational quotes like this to get me through hardships, and Churchill s words are no exception. Over the years, I have learned firsthand that I, like everyone else, am not perfect. Instead of allowing my failures to discourage me, I have come to see them as learning experiences that have enlightened me and shaped me into the individual I have finally come to love and respect. All things in life have a silver lining. Through my failures, I have become a more efficient problem solver. I have gathered the strength to move forward in life and accomplish things I never thought possible. This is the story of my life. It was not an easy story for me to tell since I am a product of childhood abuse and family neglect. I had to come to overcome my shame of being abused, but I knew that by not telling the story, I would forever remain a victim. To become a survivor, I had to speak out about what I endured. In the early years, I developed coping mechanisms like denial and the repression of feelings. At the time, this was the only way I could survive the harmful effects of my childhood traumas. Seeing firsthand how judgmental people can be, deterred me from being open with others about who I was and what I had experienced. But eventually, I realized that silence and these coping mechanisms I was implementing, were keeping me from becoming a healthy individual. I began by examining the ways in which my childhood either adversely affected or...



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