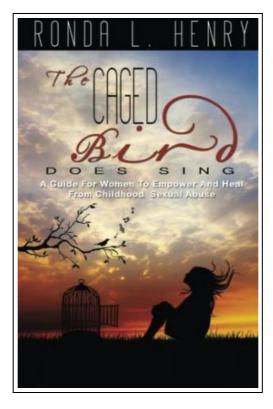
The Caged Bird Does Sing A Guide for Womens Empowerment and Healing from Childhood Sexual Abuse



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THE CAGED BIRD DOES SING A GUIDE FOR WOMENS EMPOWERMENT AND HEALING FROM CHILDHOOD SEXUAL ABUSE



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 166 pages. Dimensions: 8.5in. x 5.5in. x 0.4in.Everything that I have written about, came from my life experiences. Many days I felt like life was not worth living. If you are feeling that way right now, I want to encourage you that there is a new dimension of life that is waiting for you. I wrote this book for individuals who have been affected by childhood sexual abuse. I know it can be hard to believe that life will go on after your innocence is robbed from you. I searched for answers, applied them to my life and now I am sharing them with you along with my personal thoughts, feelings, and experiences. My hope is that my story will help you recover from the hurt and pain. I am here today to show you that you can survive. It is possible to live a normal life and enjoy your life. You are beautiful, and you are a diamond. Your past does NOT determine your future. For a while, I didnt think I would survive, let alone live long enough to tell my story. I made it, and so can you. Through the years I have experienced things that I would not wish on my worst enemy. I have struggled with low self-esteem and self-worth for many years. I have felt as though there was no place for me on the earth. I became trapped by my own thoughts and there seemed to be no way out. I tried to find love for myself through others, and that soon became my weak point. It was like the world was revolving, but I was not moving. Over the past two years I started composing a book of my...



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