

Silent Tears: Heal from Sexual Assault, You Are Not Alone, You Can Reclaim Your Power, Your Life Still Has Purpose (Paperback)



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Reviews

This ebook is worth acquiring. It is rally fascinating throgh looking at period of time. I am quickly could get a pleasure of reading a created pdf.

(Mekhi Crona)

SILENT TEARS: HEAL FROM SEXUAL ASSAULT, YOU ARE NOT ALONE, YOU CAN RECLAIM YOUR POWER, YOUR LIFE STILL HAS PURPOSE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Rape and or sexual assault is a very traumatizing experience. The severe infringement on ones being, body and psyche is devastating. Recovery is often a long difficult journey full of highs and lows; confusion and anger; isolation and loneliness and embarking on an emotional rollercoaster. Rebuilding and recapturing one s essence; feeling whole again and learning to trust are just some struggles Survivors face. There is so much literature available full of stats and technicalities but what Survivors need most from the moment the rape has occurred and through the life-long recovery process is commonality, gentleness, understanding, patience encouragement, coping strategies and skills. Looking at a bunch of statistics don t provide that and may actually discourage the Survivor. Silent Tears is a book written by a Sexual Assault Survivor to provide that commonality, gentleness, understanding, patience, encouragement and coping mechanisms from someone who knows first- hand not only the statistics but the human side of this trauma. You are not alone, its ok to take all the time you need to heal. You can reclaim your power and your self-esteem. You can enjoy life again and be whole. You can also eventually acknowledge your sexuality again without being thrown off by it. Let me share what I have come to learn with you and all the has contributed to my breakthrough and healing; perhaps it can help you and at the very least provide comfort in knowing you are not crazy and you are not ruined. Often Survivors don t want to or know whom we can talk to or trust. Here is an outlet to be heard and to release negativity. Your life still has purpose. Let s recapture...



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