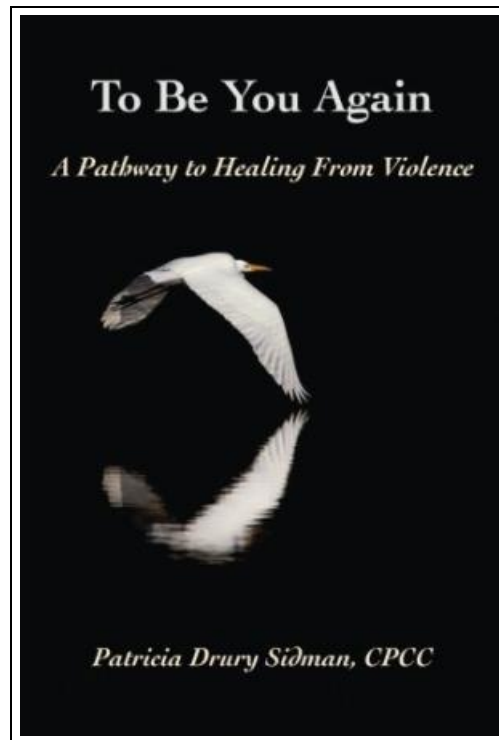


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.To Be You Again is dedicated to all who suffer because their power and well-being have been violently stolen from them. In this deeply empowering guide to healing, author Patricia Drury Sidman draws from both her personal experience dealing with the trauma of being raped and the insights she has gained as a professional life coach and spiritual counselor. Taking a down-to-earth conversational approach, she addresses this difficult subject with uncommon openness and grace. Sidman briefly shares her own story before launching a discussion about cultural attitudes and emotional responses, emphasizing the essential point that becoming the victim of violence is never your fault. She goes on to address issues pertaining to your body, such as the importance of a healthy lifestyle and the ineffectiveness of numbing out, adding that tools like journaling and positive self-talk illustrate the power of words. And to nurture spiritual healing, Sidman suggests a number of helpful strategies that include meditation, prayer, and gratitude. With chapters on getting help, letting go, dos and don ts for friends and family, and perspectives on becoming you again, Sidman offers the practical advice and encouragement that make this book a powerful aid to finding your own path to recovery.



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