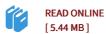




New Shoes: Stepping Out of the Shadow of Sexual Abuse and Living Your Dreams

By Rebecca Mitchell

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, New Shoes: Stepping Out of the Shadow of Sexual Abuse and Living Your Dreams, Rebecca Mitchell, An empowering guide to recovering from the damage of childhood sexual abuse and living with confidence. This is a zesty self-help book without therapy jargon, but also without simplistic answers to a very complex and deep wound. It will help readers find the strength to come to terms with what happened to them in the past, to break negative behaviour patterns in the present and to make their dreams a reality. To put on a funky new pair of shoes and step into the future with confidence. Written in a chatty, accessible style, Rebecca Mitchell blends a range of personal experiences of recovery with professional insight and practical steps for change.



Reviews

An exceptional pdf and also the typeface applied was intriguing to read through. It is definitely simplified but excitement in the 50 % in the ebook. I discovered this ebook from my dad and i recommended this pdf to find out.

-- Jarod Ward

Complete information for publication enthusiasts. It is really basic but shocks inside the fifty percent of your book. I am just delighted to let you know that this is basically the finest book i have read through in my individual lifestyle and might be he best pdf for actually.

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