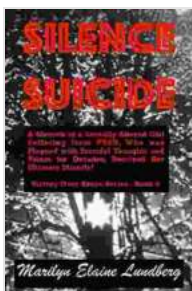


Breaking the Chains of Trauma: A Memoir of a Sexually Abused Girl's Journey to Healing

Chapter 1: The Darkness

I was just a little girl when the abuse began. I didn't understand what was happening, why my own father was hurting me. I felt ashamed, dirty, and alone. The abuse continued for years, leaving me with deep emotional scars.

After I finally escaped the abuse, I was left with PTSD. I was constantly reliving the trauma, having nightmares, and flashbacks. I was afraid to leave my house, to be around people. I felt like I was going crazy.



SILENCE SUICIDE: A Memoir of a Sexually Abused Girl Suffering from PTSD, Who was Plagued with Suicidal Thoughts and Voices for Decades, Received Her Ultimate Miracle! (Victory Over Abuse) by Stewart Giles

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1548 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 126 pages
Lending	: Enabled
Screen Reader	: Supported
Hardcover	: 214 pages
Item Weight	: 1 pounds
Dimensions	: 6.14 x 0.56 x 9.21 inches

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Chapter 2: The Struggle

I tried to get help, but it was hard to find therapists who understood what I had been through. Many of them just wanted to give me medication, which didn't help. I felt like I was fighting a losing battle.

But I refused to give up. I knew that I had to find a way to heal, to move on with my life. I kept searching for therapists, and eventually I found one who specialized in treating trauma.

Chapter 3: The Journey

Therapy was hard, but it was also the beginning of my healing journey. I started to understand what had happened to me, and why I was struggling. I learned coping mechanisms to deal with the memories and the flashbacks.

Slowly but surely, I started to feel better. I was able to leave the house more often, and I started to make friends. I even found a job that I loved.

Chapter 4: The Healing

I'm not going to lie, healing from sexual abuse and PTSD is not easy. It takes time, effort, and a lot of support. But it is possible. I am living proof of that.

I am now a happy, healthy, and productive member of society. I have a loving husband and children, and I am passionate about helping others who have experienced trauma.

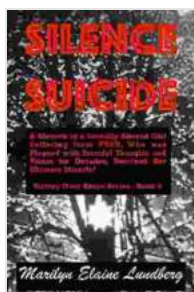
I wrote this memoir to share my story and to give hope to others who are struggling. I want you to know that you are not alone, and that there is a

way to heal.

Epilogue

I am still on my journey, but I am no longer defined by my past. I am a survivor, and I am stronger than ever before.

I hope that my story inspires you to break the chains of trauma and to find your own path to healing.



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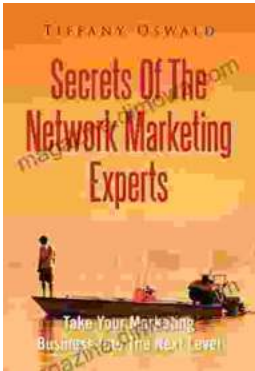
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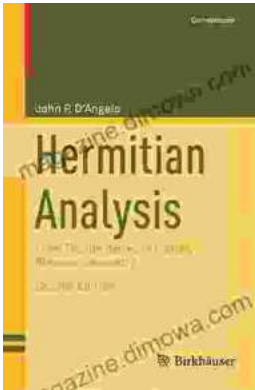
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