

Finding Your Own Voice, 2nd Edition: Your Past Can Control Who You Are, Until You Find Your Own Voice (Paperback)



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Reviews




*Undoubtedly, this is the finest job by any article writer. it had been writtern very perfectly and beneficial. Its been printed in an exceedingly simple way in fact it is only following i finished reading this ebook by which basiclly modified me, modify the way in my opinion.
(Lane Dicki)*

FINDING YOUR OWN VOICE, 2ND EDITION: YOUR PAST CAN CONTROL WHO YOU ARE, UNTIL YOU FIND YOUR OWN VOICE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Damonza (illustrator). Language: English . Brand New Book ***** Print on Demand *****.This book relates to Evette's personal experience in overcoming the trauma of abuse. In this book she also guides the reader how to understand the cycle of abuse and most important of all, how to recognize and break this cycle. Abuse is only something that happened to you, it is not part of your identity and who you really are at a core soul level. Finding Your Own Voice is unique in explaining the nature of abuse trauma. This book is a must read for people who have experienced abuse or care about someone else who may be stuck processing and understanding their childhood trauma. This book brings an empowering message of hope and self-healing. Evette shares her own difficult childhood experiences and explains how she was finally able to release the symptoms of the trauma. She also explains the highs, lows and mistakes she made during her healing journey. Even those who have not been abused will benefit by understanding the nature and symptoms of trauma. As many readers can attest, simply reading this book is a profound healing journey. If you have suffered abuse, you will find hope, healing and new perspectives from this personal tale. If a friend or loved one is struggling to understand and cope with their past, then this book will help to find faith, healing and hope. This book also includes 6 Free Meditations: Releasing Physical Discomfort, Releasing Emotional Discomfort, Reclaiming Your Innocence, Reclaiming Your Power, Loving Yourself, Easing the symptoms of Depression Follow me on Twitter: /EvetteRose1.

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