

Feel Lisa Shea: A Journey of Healing and Empowerment



I FEEL... by Lisa Shea

★★★★☆ 4.9 out of 5

Language : English

File size : 393 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 17 pages



In her powerful and moving memoir, *Feel Lisa Shea*, the author shares her harrowing journey of sexual abuse and the transformative process of healing and empowerment that followed.

Lisa Shea's story begins with her childhood in a small town in the Midwest. As a young girl, she was sexually abused by a trusted family friend. The abuse continued for years, and Lisa kept it a secret, fearing that no one would believe her.

As an adult, Lisa struggled with the effects of her trauma. She suffered from depression, anxiety, and flashbacks. She also had difficulty forming healthy relationships.

One day, Lisa decided to break her silence. She told her story to a therapist, and began the long and difficult process of healing.

Lisa's journey of healing was not easy. There were times when she wanted to give up. But she never gave up on herself. With the help of therapy, support groups, and her own inner strength, Lisa began to heal.

Today, Lisa Shea is a strong and empowered woman. She is a survivor of sexual abuse, and she is committed to helping others who have experienced trauma.

Feel Lisa Shea is a powerful and inspiring story of hope and healing. It is a must-read for anyone who has experienced sexual abuse, or for anyone who knows someone who has.

Praise for Feel Lisa Shea

"Feel Lisa Shea is a courageous and unflinching memoir about the devastating effects of sexual abuse and the transformative power of healing. Lisa's story is a reminder that we are not alone, and that there is hope for healing." — **Tarana Burke, founder of the #MeToo movement**

"Lisa Shea's memoir is a powerful and moving account of her journey of healing and empowerment after experiencing sexual abuse. Her story is a testament to the resilience of the human spirit and the power of healing." — **Dr. Christine Blasey Ford, professor of psychology at Palo Alto University**

"Feel Lisa Shea is a must-read for anyone who has experienced sexual abuse. Lisa's story is a powerful reminder that we are not alone, and that there is hope for healing." — **RAINN, the nation's largest anti-sexual violence organization**

Free Download Your Copy of Feel Lisa Shea Today

Feel Lisa Shea is available in hardcover, paperback, and eBook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.



I FEEL... by Lisa Shea

★★★★★ 4.9 out of 5

Language : English

File size : 393 KB

Text-to-Speech : Enabled

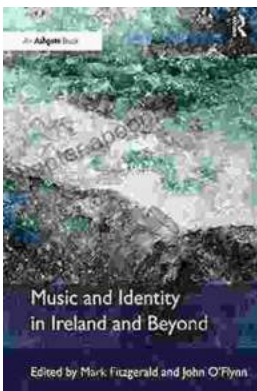


Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 17 pages



Terrorist Events Worldwide 2024: A Comprehensive Guide to Global Terrorism

Terrorism is a global threat that affects all corners of the world. In recent years, the number of terrorist attacks has increased dramatically, and the threat is only...



Music and Identity in Ireland and Beyond: A Journey into the Heart of a Nation

Music: The Rhythm of Irish Identity In the tapestry of nations, music plays an intricate role in weaving the...