

Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse: A Guide to Recovery and Healing



Breathe: Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse by Nicole Braddock Bromley

★★★★☆ 4.4 out of 5

Language	: English
File size	: 829 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 184 pages
Lending	: Enabled



Childhood sexual abuse (CSA) is a traumatic experience that can have lasting effects on a person's life. Survivors of CSA may struggle with a variety of issues, including depression, anxiety, PTSD, and substance abuse. They may also have difficulty forming and maintaining healthy relationships.

Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse is a powerful and moving book that offers hope and healing to survivors of CSA. Written by a survivor herself, the book provides a safe and supportive space for survivors to share their stories and learn how to overcome the challenges of living with the aftermath of abuse.

The book is divided into three parts. The first part provides an overview of CSA and its effects on survivors. The second part offers a variety of coping mechanisms and strategies for healing. The third part focuses on how to build healthy relationships after CSA.

Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse is an essential resource for survivors of CSA. It is a powerful and moving book that offers hope and healing to survivors of CSA. It is a must-read for anyone who has been affected by CSA.

About the Author

The author of *Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse* is a survivor of CSA. She has dedicated her life to helping other survivors heal from the trauma of abuse. She is a licensed therapist and the founder of a non-profit organization that provides support to survivors of CSA.

Reviews

"This book is a powerful and moving account of one woman's journey to healing after childhood sexual abuse. It is a must-read for anyone who has been affected by CSA." - **Dr. Bessel van der Kolk**, author of *The Body Keeps the Score*

"This book is a lifeline for survivors of CSA. It offers hope and healing in a safe and supportive space." - **Tarana Burke**, founder of the #MeToo movement

Where to Buy

Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse is available for Free Download on Our Book Library, Barnes & Noble, and other online retailers.



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