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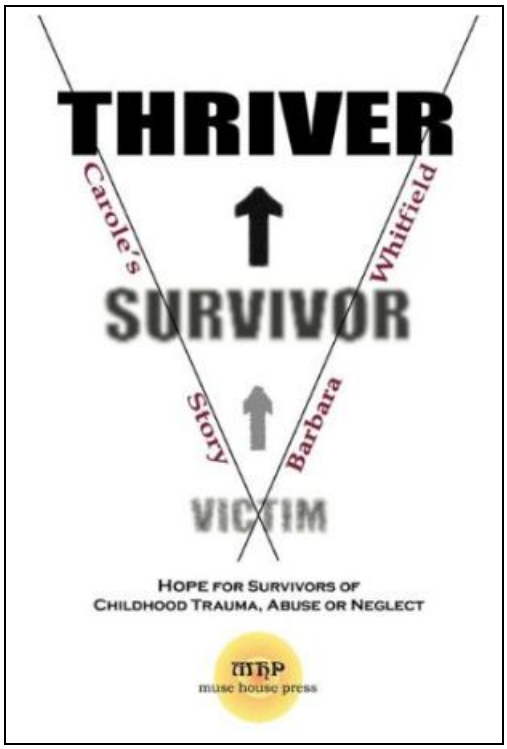

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Reviews

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VICTIM TO SURVIVOR AND THRIVER: CAROLE S STORY

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Muse House Press/Pennington, United States, 2011. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Victim To Survivor and Thriver: Carole s Story Hope for survivors of childhood trauma, abuse or neglect. By Barbara Harris Whitfield Carole was a victim of repeated child abuse. Her story demonstrates the deep healing that is possible with knowledge, the courage to face buried pain, and the love of safe others. Her riveting true story is intertwined with my life and that of my husband Charles Whitfield, MD (author of the bestselling Healing the Child Within). This is our story, too, of walking together with Carole along her path of recovery. As you read, you will learn how Carole transformed her suffering and loss, a less-than life-- into joy for living and even serenity. This is not a fictional account, nor has it been scrubbed clean of the horrors of living with childhood abuse and neglect. In fact, Carole s story contains a depth of sadness that only the adults that were repeatedly abused as children may understand. Carole broke through --awoke-- to find joy and laughter mixed with the tears of her realizations and she turned them into strength, hope, confidence and finally peace. This story of triumph over abuse is for all victims and those who care for them; clinicians as well as loved ones. This story demonstrates that: 1) When we think of ourselves as victims we believe we are depressed. 2) When we enter into our own healing process, we become survivors and experience the bittersweet movement of our emotional pain. 3) Finally, with the support of safe others --we become Thrivers and live without fear. We become fully awake and alive. We discover who we really are and we find...

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