



## Finding Home: Healing from Abuse (Paperback)

By Sandra Jeffs

Sandra Jeffs, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is a collection of poems about abuse and its impact and about healing from the abuse and becoming a whole, empowered person. One of the poems asks for people to start being impeccable with their words in order to reduce or eliminate verbal abuse. Verbal, mental and emotional abuse can destroy a person's self-worth and self-esteem and can plague him or her in the effort to be successful and become his or her best self. Verbal, mental and emotional abuse can be gateways into allowing others to abuse us and are, therefore, critically important to heal from. It is important to heal from the abuse, rather than stuffing it deep inside and pretending it isn't affecting life today--because it does continue to impact until it is resolved and healed.



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