

Transcending Abuse & Betrayal - A Journey To Healing & Selfhood - Sasha Samy

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Conscious Choices, Conscious Life! Transcending Abuse & Betrayal is an inspirational book that celebrates the triumph of dignity, courage and self-empowerment over the brutality and denigration of abuse and betrayal. The book depicts the life experiences of four women, Stacy, Miriam, Tessa and Jasareen with much of the focus on Stacy's personal journey to healing and selfhood. By sharing the stories of healing and the transformational power of conscious choices and forgiveness, Sasha Samy hopes that others may garner the courage to confront and transcend their experiences. With poignant personal anecdotes, penetrating insights, psychological research and spiritual teachings, Samy integrates a practical and holistic approach to healing and transformation in her book. The book, which is divided into three parts, also discusses: • What constitutes abuse and its effects • Why the targeted do not leave their abusive partners • What is lacking in dysfunctional relationships • How our erroneous thoughts, attitudes and belief systems create self-sabotaging and self-destructive behavioral patterns • Why shadow and inner works are essential to understanding the self • Techniques and tools to embrace the healing process sashasamy.com Author: Samy, Sasha Publisher: FriesenPress Illustration: N Language: ENG Title: Transcending Abuse & Betrayal - A Journey to Healing & Selfhood Pages: 00000 (Encrypted PDF) On Sale: 2012-10-24 SKU-13/ISBN: 9781770673847 Category: Self-Help : Motivational & Inspirational Category: Psychology : Psychotherapy - Counseling Category: Family & Relationships : Abuse - General

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