

# A Diary Of Secrets - Deb Shugg

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For most of her life Deb has struggled with Depression, Anxiety and other symptoms associated with Post Traumatic Stress Disorder and in spite of that built a multi million dollar business. Among her many achievements she was listed by BRW as one of their TOP Female Entrepreneurs and been awarded National Franchise Woman of the year by MYOB and the Franchise Council of Australia. As a survivor of childhood sexual abuse and assault Deb is only too aware of the devastating effect such behaviour has on it's innocent victims. It took Deb years to throw off (although every now and then she puts it back on) the cloak of fear and the feeling that she is somehow less valuable than others because of her experiences. A highly respected wife, mother and business woman, Deb is a person worthy of the respect she receives and the achievements she has earned. Whether providing business advice and leadership or sharing a piece of her accumulated knowledge and experience, there is every chance Deb will tap into what's holding you back and help you to give yourself permission to move forward. Author: Shugg, Deb Publisher: FastPencil Illustration: N Language: ENG Title: A Diary of Secrets Pages: 00000 (Encrypted EPUB) / 00200 (Encrypted PDF) On Sale: 2012-07-12 SKU-13/ISBN: 9781607463276 Category: Body, Mind & Spirit : General Category: Religion : General Category: Self-Help : General

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