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sexual abuse has been reported up to 80,000 times a year, but the number of unreported instances is far greater.

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This novel honors the wonder and beauty of resilient personal spirit. Spirit Unbroken: Abby ' s Story, is intense, honest, lyrical, funny, compelling, and incredibly well told. You reach the end better informed and wishing you could spend more time with the main character, Abby. ” CK. Kindle and Paperback at Amazon

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Like new babies in a pool of water knowing how to kick and reach for the surface, Abby's impulses helped her swim through the trauma. In the summer after third grade, she knew phonics, cursive, and the multiplication tables as well as silence and compliance in the secret

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room. ” Jeanne McElvaney, Spirit Unbroken: Abby's Story

Spirit Unbroken Quotes by Jeanne McElvaney

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In Abby Carter's everyday world, appearance is not reality. There are "black holes" in her All-American, small-town family. In these moments of no boundaries, Abby's body is the pawn and each violation is stored in a place that cannot be recalled. Not knowing the secrets held in the deep corners of her mind, Abby creates normal out of chaos. She doesn't understand what is driving her choices, but she will take you to the joy and nostalgia of childhood in the 1950's. She will grab your heart and turn your world upside down as you witness innocence celebrated and violated. "Spirit Unbroken" honors the wonder and beauty of resilient personal spirit. "Thrust from lascivious, cold power back into childhood, Abby warmed her innocence by

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being a good girl. She had a smile for everyone. She was helpful, kind, and responsible though she was never seeking approval. Her quest was reconciliation with her self. Abby was shaping her place in the world, not knowing what drove her choices." "Powerful and unsettling, this story held me captive." LM

Elizabeth dreamed of slipping away for a short retreat so she could get to know who she was beyond her routines, relationships, and responsibilities. Then she dared to do it. She couldn't know her desire for solitude would be cracked open by a mysterious muse, two young lads, and a most unusual friend. In a journey of the unexpected, this unlikely heroine is reunited with her personal spirit. The end becomes the beginning. A heartfelt adventure and delightful guide, this novel opens the door for every reader to embrace and explore their own

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personal spirit. Other Books by Jeanne McElvaney Old Maggie's Spirit Whispers Spirit Unbroken: Abby's Story Harrietta's Happenstance

In Abby Carters everyday world, appearance is not reality. There are black holes in her All-American, small-town family. In these moments of no boundaries, Abbys body is the pawn and each violation is stored in a place that cannot be recalled. Not knowing the secrets held in the deep corners of her mind, Abby creates normal out of chaos. She doesnt understand what is driving her choices, but she will take you to the joy and nostalgia of childhood in the 1950s. She will grab your heart and turn yourworld upside down as you witness innocence celebrated and violated. "Spirit Unbroken" honors the wonder and beauty of resilient personal spirit. Thrust from lascivious, cold power back into childhood, Abby warmed her innocence by being a good

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girl. She had a smile for everyone. She was helpful, kind, and responsible though she was never seeking approval. Her quest was reconciliation with her self. Abby was shaping her place in the world, not knowing what drove her choices. Powerful and unsettling, this story held me captive. LM

Lyrical and nostalgic, Old Maggie ' s Spirit Whispers gives you the simplicity, trust, and connections to ignite your own spirit insights. It ' s like riding your bike on a sweet summer day, exploring all the familiar places – knowing the real adventure is taking place deep inside. There is nothing common about the friendship between a muse as ageless and solitary as the oak trees in Paddington Cove and a proper, young lady of Jane Austen ' s England. Old Maggie is guided by serendipity, intuition, and coincidence. Lydia has only known the

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dictates of family and social expectations. Together they find their way to unexpected treasures that celebrate their spirits. You already have your answers. With 55 spirit whispers, this tale reminds you to listen.

Elizabeth dreamed of slipping away for a short retreat so she could get to know who she was beyond her routines, relationships, and responsibilities. Then she dared to do it. She couldn't know her desire for solitude would be cracked open by a mysterious muse, two young lads, and a most unusual friend. In a journey of the unexpected, this unlikely heroine is reunited with her personal spirit. The end becomes the beginning. A heartfelt adventure and delightful guide, this novel opens the door for every reader to embrace and explore their own personal spirit. Other Books by Jeanne McElvaney Old Maggie's Spirit Whispers Spirit Unbroken: Abby's Story

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Harrietta ' s Happenstance

Information empowers us. Insight takes us to our inner wisdom. This book is like a flashlight shining into the shadows that followed us out of our abuse. It reveals new possibilities. It invites us to shape our future with our dreams so we are no longer driven by responses we learned in our childhood experience.³¹ Empowering, Gentle Choices for Change¹⁵ Black-Ink Healing

Images_____ Childhood Sexual Abuse:

“ You are a bright light on this planet. ” BSSurvivors of Abuse: “ I am letting you know the part you play in encouragement and healing. ” RGEffects of Child Abuse: “ Keep writing! It gives others hope. ” MGHealing Abuse: “ It is reassuring to know I am not alone. ” DFAbuse Recovery: “ Your writing is so powerful. ”

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MDAbuse Survivors: “ Thank you for the great work you do to help survivors heal and be heard. ” ~ Gretchen Paules of LetGoLetPeaceComeIn.org

Tips to Change Child Abuse Effects This self help book for survivors of childhood sexual abuse is a gentle, encouraging, and inspiring guide to empowerment. It's a way of thinking so you can honor yourself while seeking answers that will change your life. When we are ready to acknowledge our truth, we can fully experience our inner wisdom, joy, spontaneity, relationships, creativity, abundance, and potential. Our lives become the dreams we have imagined for ourselves. Our journey to this destination will be as unique as each person, but we don't have to travel alone. Survivors of Abuse: "Thank you for sharing messages of encouragement, empowerment and inspiration." DP Childhood

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Sexual Abuse: "You have such a powerful voice, full of grace, dignity, warmth and understanding. You are teaching me and my patients." Dr Bob Effects of Child Abuse: "I suddenly realized I have the POWER to choose." DD Abuse Recovery: "You are so good at putting your healing journey into words so that others don't feel alone in their healing. Keep writing! It gives others hope." MG Abuse Survivors: "You have special way of explaining in simple ways." DG

Seventeen-year-old Jenna, an ardent vegetarian and environmentalist, is thrilled to be spending the summer communing with nature in rural Canada, until she discovers that not all of the rugged residents there share her beliefs.

The story of a sister and CEO of Cantor Fitzgerald who lost loved ones

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during the September 11 Terrorist Attacks and started a relief fund to help other victims.

What happens after happily-ever-after fades? Can the answer be found one flight up? India, Abby, Esme, and Monique have all been friends since their days at Manhattan 's Sibley School for Girls. From the outside, these four women—all grown up now—seem to be living ideal lives, yet each finds herself suddenly craving more. India Chumley is a whip-smart divorce lawyer who routinely declines the marriage proposals of her charming French boyfriend, Julien. She 's taking the first plunge by moving in with him, but she 's keeping her own apartment—and keeping it a secret from him. Abby Rosenfeld Adams is an irrepressibly upbeat gallery owner who married her WASP college sweet heart, a passionate but tormented sculptor. When she

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suspects he is cheating on her, she realizes that perhaps there ' s more to life than reassuring her husband of his artistic brilliance. Esme Sarmiento Talbot is a Colombian Scarlett O ' Hara, bored with her proper Connecticut life and her tame, all-American husband. In order to satisfy her sensuality, she escapes to Manhattan and distracts herself with casual encounters. A card-carrying member of Harlem ' s thriving buppie-ocracy and a successful gynecologist, Monique Dawkins-Dubois is married to a powerful but dull financier who barely notices her anymore. When an attractive coworker beckons, Monique can ' t help but be flattered. The most straitlaced of them all, India is dismayed by her friends ' illicit activities. That is, until her ex-fiancé , the love of her life and the destroyer of her heart, reappears in New York— and she finds herself caught between the dependable man she thought was her future and the man she never quite let go of. Dazzling

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and sexy, One Flight Up is an irresistible comedic romp through the boardrooms, bedrooms, and ballrooms of Manhattan and Paris.

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