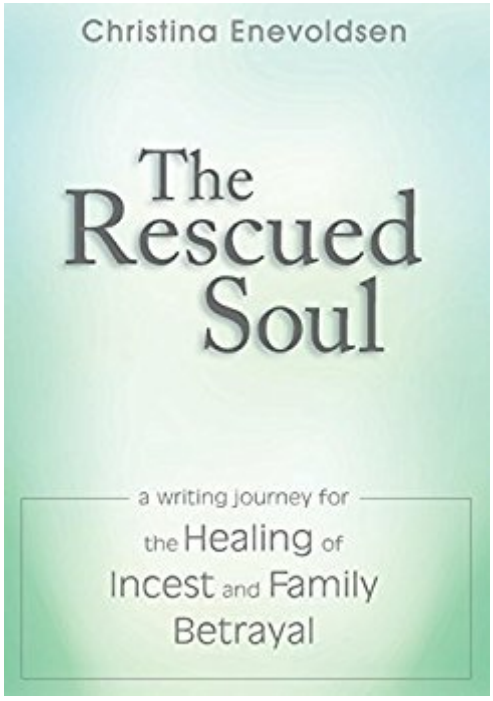
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The Rescued Soul: The Writing Journey For The Healing Of Incest And Family Betrayal



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Synopsis

There is no greater isolation a child can suffer than that of incest.Without healing, that sense of isolation follows the survivor into adulthood. Abuse sabotages the relationship with yourself and every other relationship in your life. Ã¢â ¬Â¢ Do you feel as though you donÃ¢â ¬â„¢t belong?Ã¢â ¬Â¢ Do you work for validation but feel unworthy of it?Ã¢â ¬Â¢ Are you in an abusive relationships with yourself?Ã¢â ¬Â¢ Do you fear emotional intimacy?Ã¢â ¬Â¢ Do you crave deep connections but always feel alone?EnevoldsenÃ¢â ¬â„¢s inspiring message is that you donÃ¢â ¬â„¢t have to live with the effects of sexual abuse. Combining candid personal stories with action steps to heal, Enevoldsen uses the tool of writing to show you how to move through your pain of abandonment and betrayal to heal your life.The Rescued Soul:Ã¢â ¬Â¢Healing guideÃ¢â ¬Â¢WorkbookÃ¢â ¬Â¢365 day journal with healing insights for encouragement, inspiration and hope Here’s what others are saying:"In The Rescued Soul, Christina Enevoldsen shares her extensive comprehension of what it means to face and overcome sexual abuse, gently guiding the reader through the process of reconnection on the journey back to self. A wonderful resource on the healing journey!" Darlene Ouimet author of Emerging from Broken: The Beginning of Hope for Emotional Healing "Christina Enevoldsen will take you into the depths of what healing from abuse truly requires. If you are brave enough to take this journey with her, I am certain you will emerge more alive and whole then you ever imagined possible. I know what her writing has done for my life, and I invite you to allow that level of transformation into your own as well." Kylie Slavik, Survivor & Author of Recovering the Spirit from Sexual Trauma

Book Information

File Size: 624 KB

Print Length: 518 pages

Publisher: Overcoming Sexual Abuse; 1 edition (December 15, 2014)

Publication Date: December 15, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00R348F1C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #591,025 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Inner Child #77 inÃ Â Books > Self-Help > Inner Child #395 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Sexual Abuse

Customer Reviews

I am an abuse survivor, having been through 10+ years of therapy and dozens of self help books. This book BY FAR has been the most amazing and helpful resource I have ever come across. Not only does the author "get me", my struggles and what I have been through down to the smallest details (to the point where I am getting goosebumps) the exercises are just incredibly powerful and helpful.Thank you from the bottom of my heart for writing this book. It is such an amazing resource. In addition, it is so well, written, so eloquent, honest and unpretentious. You are clearly a very smart and incredibly strong woman.

The Rescued Soul has been a great source of knowledge given in such a personal way. I have gained so much clarity and understanding about my own abuse. Christina Enevoldsen has addressed so many things about sexual abuse that I truly believed pertained only to me and my own thinking. I am so grateful for her courage, wisdom and knowledge.

I am reading "The Rescued Soul".. savoring every bit of it as it reveals more and more of the feelings I've had for a long time... the questions at the end of the chapters help me to put into words the feelings I've never been able to share with anyone. I recommend this book for any childhood abuse survivor who needs help in the healing process. And I love Christina Enevoldsen's writing style.. she gets to the point without the need for a degree in psychology.

This book shares an uncommon and very refreshing perspective on healing from any abuse that reaches deep into your very identity. Incest is certainly that kind of abuse, but the book is helpful even if that isn't your trauma. The most helpful thing she offers is insight into her own experience of healing. There is a lot of relief in knowing that I am not the only person to have ever felt the way I have felt.

Christina, as I read your words it felt almost as though you were telling my own story. The writing prompts were so insightful and gave me hope that I won't be in "crisis mode" forever. It was validating to read that I don't have to forgive my abusers or keep them in my life if I don't want to. My healing journey has just begun and your book has given me a sort of roadmap. From the bottom of my heart, thank you.

Excellent book for those who have experienced this type of family trouble. I bought it for a friend who had gone through this. Upon reading Christina Enevoldsen's website to help her, she stated how fantastic the website was, as they had actually gone through those type problems.

Real, deep, very helpful. I'm only part way through the book so far, but it's very outstanding.

This book, as well as, the author's website are extremely helpful and insightful and empowering.

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