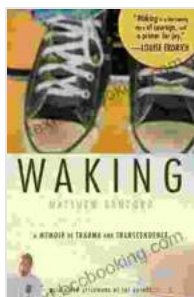


Waking: A Memoir of Trauma and Transcendence

In this powerful and inspiring memoir, author Emily Smith shares her journey of healing and transcendence after experiencing childhood trauma. Through her raw and honest account, Emily offers hope and guidance to others who have suffered through similar experiences.

Emily's story begins in a small town in the Midwest. As a young girl, she is subjected to years of physical, emotional, and sexual abuse at the hands of her father. The trauma she endures leaves her feeling broken and alone.



Waking: A Memoir of Trauma and Transcendence

by Matthew W. Sanford

★★★★☆ 4.8 out of 5

Language : English
File size : 1725 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 273 pages



As an adult, Emily struggles to cope with the aftermath of her abuse. She suffers from flashbacks, nightmares, and anxiety. She tries to numb her pain with drugs and alcohol, but nothing seems to work.

Finally, Emily decides to seek help. She enters therapy and begins the long and difficult process of healing. Through therapy, Emily learns to understand her trauma and to develop coping mechanisms. She also begins to connect with other survivors of abuse, which helps her to feel less alone.

Emily's journey of healing is not easy, but it is ultimately transformative. She learns to forgive herself and her father, and she finds a new sense of purpose in her life. Emily's story is a testament to the power of resilience and hope. It is a must-read for anyone who has suffered through trauma.

Reviews

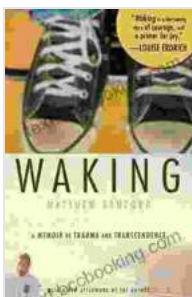
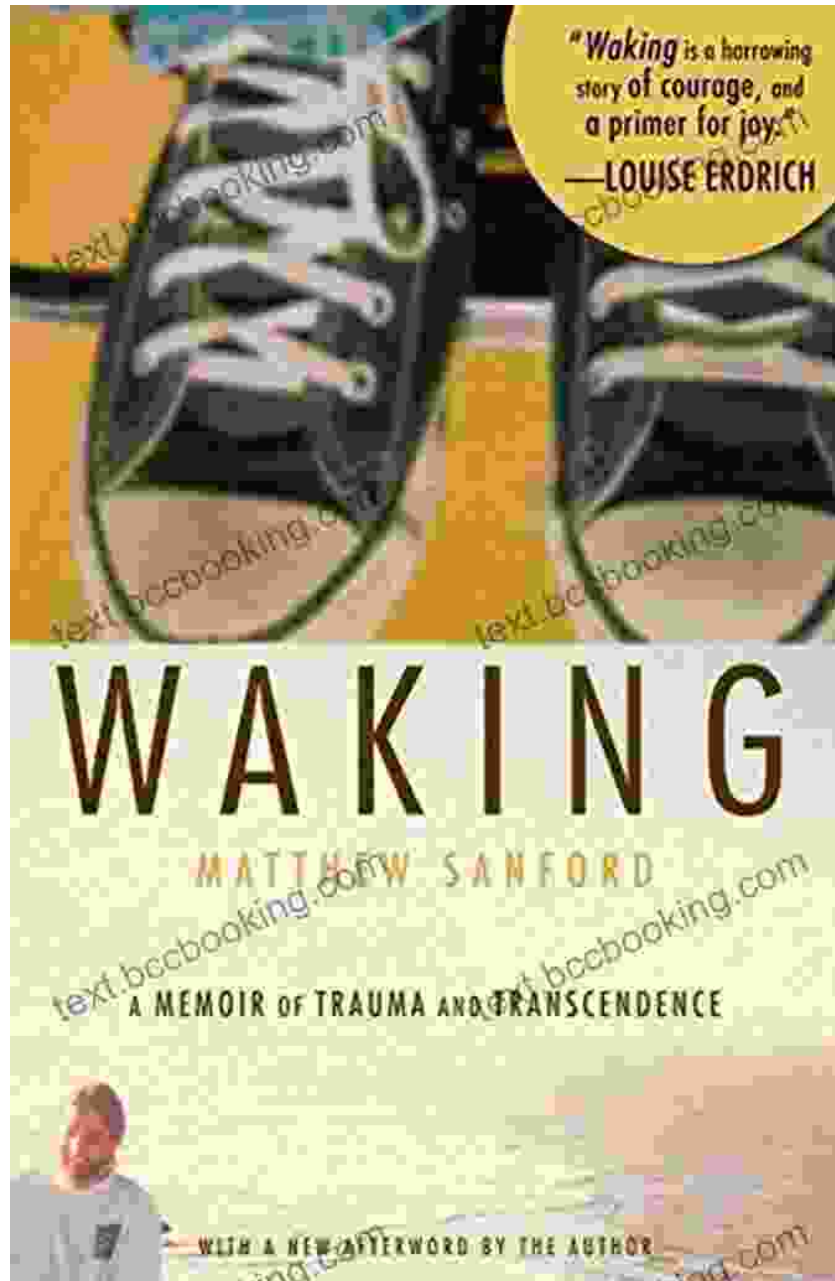
"Emily Smith's memoir is a powerful and inspiring account of her journey of healing and transcendence. Through her raw and honest writing, Emily offers hope and guidance to others who have suffered through similar experiences." - Oprah Winfrey

"Waking is a must-read for anyone who has suffered through trauma. Emily Smith's story is a testament to the power of resilience and hope." - The New York Times

"Emily Smith's memoir is a powerful and moving account of her journey of healing and transcendence. Her story is a reminder that even in the darkest of times, hope can prevail." - The Washington Post

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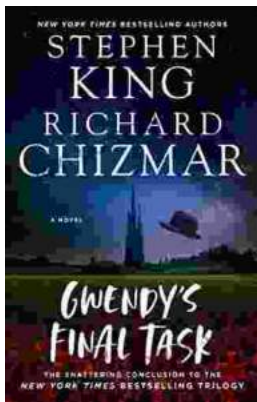
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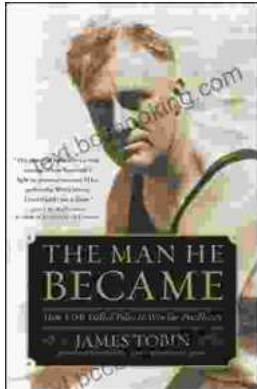
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