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Coming Out of the Dark (Paperback)

By M S Mft Ladc Dawn M Moore

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I had convinced myself life was good. At 32, I was what most would call blessed and accomplished. I was married to my rock for 8 years, two beautiful children, a part-time marriage and family therapist and an adjunct professor at the local university, a terrific extended family, many great friendships, even time for community service work. So why was I suffering from depression that wouldn't go away? Why was I plagued with chronic migraines and fatigue? Why was there only fleeting moments of happiness among all these wonderful things? And why was I feeling no desire to have sex with my husband? In April of 2008, I would begin a journey which would last over three years. This is the personal story of my triumph over post-traumatic stress disorder and emotional manipulation, and how PTSD impacted so many aspects of my life. It is how PTSD impacted my self-worth, my physical, emotional, and mental health, as well as my most intimate relationships. This is my narrative about the realization of emotional manipulation in my life, and how...



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