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Breaking Through: No Longer a Victim of Child Abuse

By Cathy Ann Matthews

Strand Publishing, United States, 2011. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a book of HOPE. Hope for recovery from the traumatic consequences of child abuse and from what many consider to be its deepest problem-- damage within our spirit. This is Cathy Ann Matthews moving story - the horrors of her sexual, emotional and physical abuse as a child, the devastating effects on her life and the practical steps she took with God towards recovery. Cathy Ann also writes about her spiritual struggles as a Christian. She honestly describes the confusion and fear she felt towards God and her battle to trust Him. This book encouraged countless people who were abused as children and teenagers, and those who support them. It offers the positive message of hope for emotional, physical and spiritual recovery. The film, Breaking Through, was based on this book and won the 1990 Australian Human Rights Award for Television Documentary Drama.



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