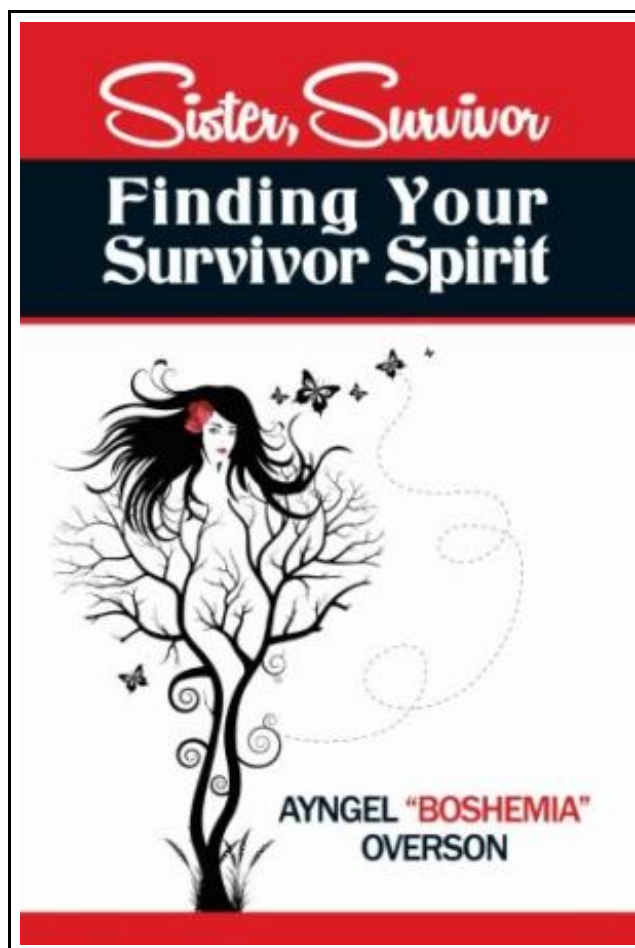


Sister, Survivor: Finding Your Survivor Spirit



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Boshemia's Bohemia Publishing. Paperback. Book Condition: New. Paperback. 364 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. From Victim, to Survivor, to Thrive. . . An inspirational tribute to the Survivor Spirit in all of us. Sister, Survivor: Finding Your Survivor Spirit After Abuse is a personal conversation from one abuse Survivor to another making the case that surviving abuse isn't all bad. Post traumatic stress disorder also has a little talked about side effect, known as Post Traumatic Growth, and it is more common than you might think. The author calls it the Survivor Spirit, and for the record, her Survivor Spirit calls herself Boshemia. PTSD had already left her reclusive and home-bound when she began suffering from a mysterious illness. She was diagnosed with fibromyalgia, but doctors gave her little hope of ever leading a normal life again. Refusing to give up she finally located professionals who understood the unique health problems that many Survivors face and began the path to healing in her life. Part memoir, part self-help, the author examines the dilemma of being an abuse Survivor in a world that expects cookie cutter normalcy. In this book, Ayngel and her alter ego Boshemia share the many lessons that they learned together on the journey from Victim to Survivor to Thrive. . . . Learn how to: Stop the cycle of abuse in your life for good. Redefine normal for yourself. Build stronger, and healthier personal relationships. Find the YOU that you were truly meant to be. Set personal boundaries that aren't a prison. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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