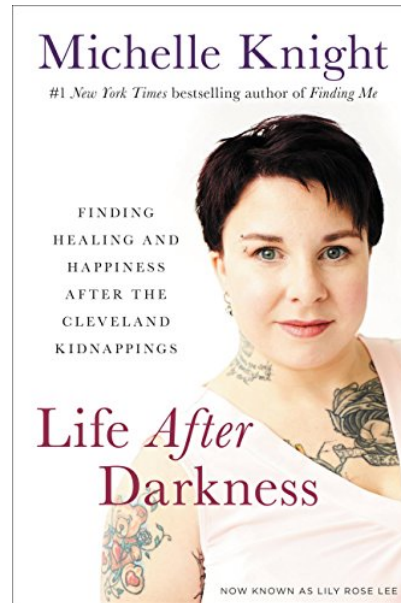


## [Free PDF File] Life After Darkness: Finding Healing and Happiness After the Cleveland Kidnappings



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From Michelle Knight-Cleveland kidnapping survivor and #1 NYT bestselling author of *Finding Me*-comes an inspirational book about healing and resilience, on the five-year anniversary of her escape. Michelle Knight-now known as Lily Rose Lee-captured the world's attention in May 2013, when she and two fellow kidnapping victims were found and freed after being held for more than a decade. Michelle was a young single mother fighting for custody of her son when she was kidnapped in 2002 by a Cleveland school bus driver named Ariel Castro. Joined in captivity later by Amanda Berry and Gina DeJesus, she endured unimaginable torture at the hand of her abductor. Their escape in May 2013 made headlines around the world, and Michelle's story of the horrors she experienced and the hope she sustained over her years of imprisonment became the basis of the internationally bestselling memoir *Finding Me*. But many people are still asking: what happened after her escape? How do you re-enter society after years of abuse and isolation? How do you get past the trauma and live a happy and joy filled life? How do you learn to trust again? In *Life After Darkness*, published on the fifth anniversary of her liberation, Lily describes how she managed to heal the wounds to her body, mind, and soul-wounds, she reveals, that were first inflicted even before her kidnapping. With the help of good friends and anchored by her own inner strength, she takes us with her step by step on her journey out of darkness into the light. An inspiring story-and for anyone who has dared to hope after suffering, a guidebook to finding new purpose for a meaningful life.

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