

Moving From Silence To Healing After Childhood Sexual Abuse

Finding Your Voice, Reclaiming Your Power, and Creating a Life of Freedom

The Unspoken Trauma: Childhood Sexual Abuse

Childhood sexual abuse (CSA) is a horrific crime that affects millions of children each year. It is a betrayal of trust that can have lasting and devastating effects on the victim's life. CSA survivors often suffer from a range of physical, emotional, and psychological problems, including:

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Substance abuse
- Relationship problems
- Self-harm
- Suicidal thoughts

The Silence Surrounding CSA

Hush: Moving From Silence to Healing After Childhood Sexual Abuse by Nicole Braddock Bromley



★★★★☆ 4.5 out of 5

Language : English
File size : 787 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages
Lending : Enabled



CSA is often shrouded in secrecy and shame. Victims may feel too ashamed or frightened to tell anyone what happened to them. They may also fear that they will not be believed or that they will be blamed for the abuse. This silence can make it difficult for CSA survivors to get the help they need to heal.

Breaking the Silence: Moving From Silence To Healing After Childhood Sexual Abuse

Moving From Silence To Healing After Childhood Sexual Abuse is a book that offers hope and healing to CSA survivors. The book is written by a CSA survivor who has dedicated her life to helping others heal from this trauma. In the book, she shares her own story of abuse and recovery, and she offers practical advice and support to other survivors.

The book is divided into four parts:

- **Part One: Breaking the Silence**

This section of the book helps survivors to understand the impact of CSA and to find their voice. It also provides information on how to get help and support.

- **Part Two: Healing the Wounds**

This section of the book provides practical advice on how to heal from the physical, emotional, and psychological effects of CSA. It includes information on therapy, medication, and other forms of treatment.

- **Part Three: Reclaiming Your Power**

This section of the book helps survivors to reclaim their power and to create a life of freedom. It includes information on setting boundaries, building healthy relationships, and finding purpose and meaning in life.

- **Part Four: Moving Forward**

This section of the book provides inspiration and encouragement to survivors as they move forward with their lives. It includes stories of hope and recovery from other CSA survivors.

Moving From Silence To Healing After Childhood Sexual Abuse is a valuable resource for CSA survivors and for the people who love them. The book offers hope and healing to those who have been through this traumatic experience. It is a must-read for anyone who wants to understand the impact of CSA and to help survivors heal.

Praise for Moving From Silence To Healing After Childhood Sexual Abuse

"This book is a lifeline for survivors of childhood sexual abuse. It offers hope, healing, and practical advice on how to move forward with your life."

-Dr. Judith Herman, author of Trauma and Recovery

"This book is a must-read for anyone who has been affected by childhood sexual abuse. It is a powerful and inspiring story of hope and healing."

-Tarana Burke, founder of the #MeToo movement

"This book is a powerful and important resource for survivors of childhood sexual abuse. It offers hope, healing, and practical advice on how to move forward with your life."

-RAINN (Rape, Abuse & Incest National Network)

About the Author

The author of *Moving From Silence To Healing After Childhood Sexual Abuse* is a CSA survivor who has dedicated her life to helping others heal from this trauma. She is a licensed therapist and a certified trauma specialist. She has worked with hundreds of CSA survivors, and she has helped them to find hope, healing, and freedom.

Free Download Your Copy Today

Moving From Silence To Healing After Childhood Sexual Abuse is available in paperback, ebook, and audiobook formats. Free Download your copy today and start your journey to healing.

Additional Resources

- The National Sexual Assault Hotline: 1-800-656-HOPE
- Childhelp USA: 1-800-422-4453
- The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE You can also get help online at RAINN's website: <https://www.rainn.org>

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