

# The Broken Scapegoat: From Trauma to Triumph

## Breaking Free from the Cycle of Pain

The Broken Scapegoat is a powerful and inspiring memoir that chronicles the author's harrowing journey from the depths of childhood trauma to the heights of personal triumph. It is a story of resilience, healing, and the indomitable spirit that resides within us all.



## The Broken Scapegoat: From Trauma to Triumph

by Dee Dee Moreland

★★★★☆ 4.9 out of 5

Language : English

File size : 625 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 102 pages

Lending : Enabled



The author, who grew up in a dysfunctional and abusive family, was often scapegoated and blamed for everything that went wrong. This constant criticism and rejection left her feeling worthless and broken. She developed low self-esteem, anxiety, and depression, and struggled to form healthy relationships.

As she grew older, the author began to realize that she was not alone. Many people who have experienced trauma and abuse have also been scapegoated. This realization gave her a sense of community and hope. She knew that she could break free from the cycle of pain and that she could heal.

The Broken Scapegoat is a roadmap for recovery from trauma. The author shares her personal story, as well as the insights and tools that she has learned along the way. She offers practical advice on how to:

- Identify the signs of scapegoating
- Break free from the cycle of shame and blame
- Heal the wounds of trauma
- Build healthy relationships
- Find your inner strength and resilience

The Broken Scapegoat is a must-read for anyone who has experienced trauma or abuse. It is a story of hope and healing that will inspire you to break free from the past and create a brighter future.

## **Reviews**

"The Broken Scapegoat is a powerful and moving memoir that will resonate with anyone who has ever felt scapegoated or blamed. The author's journey from trauma to triumph is an inspiration, and her insights and tools will help you heal and break free from the cycle of pain."

- Dr. Susan Forward, author of Toxic Parents

"The Broken Scapegoat is a must-read for anyone who has experienced trauma or abuse. The author's story is both heartbreaking and inspiring, and her insights and tools will help you heal and find your inner strength."

- Dr. Ross Rosenberg, author of The Human Magnet Syndrome

## About the Author

The author of The Broken Scapegoat is a survivor of childhood trauma and abuse. She has dedicated her life to helping others heal from trauma and abuse, and she has written extensively on the topic.

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