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Meghan Markle reveals she gave personal
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All the latest breaking UK and world news with in-depth comment and analysis, pictures and videos from MailOnline and the Daily Mail.

A least one out of every three women and one out of every six men have experienced some form of sexual abuse. Regardless of the circumstances of the violation, every survivor can attest that it will impact relationships with parents, friends, spouses, children, and God. Sexual abuse survivors are often left feeling isolated and without anyone to trust. But it does not have to be this way. Nicole Braddock

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Bromley understands the fears and anxieties victims face as they seek to build healthy relationships after sexual abuse.

As a survivor herself, Nicole offers readers the power and hope necessary to share their story, build intimacy, and develop healthy communication in all their relationships. Breathe also serves as a helpful tool for those in relationship with an abuse survivor by providing guidance, confidence, and encouragement as they seek to help and support.

If you are a survivor of childhood sexual abuse in search of real healing, this book is for you! Both a personal workbook and a group study guide, SOAR walks with you through the four major steps of moving from silence to healing: S - Shattering the Silence O - Overcoming Lies A - Accepting Freedom R - Reaching Out In the seven sessions of this workbook

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companion to Hush: Moving from Silence to Healing after Childhood Sexual Abuse, Nicole helps you apply her teachings to your own personal circumstances and connects you with the support of a trusted group of survivors. By purchasing this book you will be given access to all of the SOAR group session videos, hosted by Nicole and featuring the inspiring stories of other survivors who have broken the silence and taken courageous steps forward on their healing journey by becoming part of this special community. Join Nicole and other survivors of sexual abuse as you find the keys to unlock the chains that have bound you to your painful past. Now is the time you find the freedom to SOAR!

Childhood sexual abuse is running rampant, yet it's the best-kept secret in our nation today. Its victims grow into

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adulthood with their little child's heart trapped in the pain and torment of their past. Nicole Braddock Bromley shares her own story and the steps to moving from silence to healing. Hush exposes the harsh realities of childhood abuse, explains the pain it causes, examines the false beliefs it creates, and empowers survivors to begin a personal journey toward healing by breaking the silence. With words of understanding and comfort, Nicole tells the real-life stories of those whose voices would otherwise never be heard. She is straightforward enough to pierce the hearts of those in a survivor's circle of influence, yet careful to tread lightly on what could be tender words.

When hope dies in a person, life seems over for them. This candid autobiography chronicles the story of a woman who lost hope. Her only solution was to attempt

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suicide, but on the night she tried to end her life, she found a miracle that would change her life forever. This book traces her journey through abandonment, sexual abuse, secrets, and paranoid psychosis, a journey that did not ultimately lead her to death but to life. She was many times lost in delusions of unreality and spent countless days in mental institutions, seeking answers to a way out of the darkness of her life. But the answer came when Jesus found her, her haunting memories were revealed, and she began to walk down a new, healing road. Here Kim Hug speaks of the power of Jesus and how he gave healing and hope to her life through many faithful people. This story was written through the inspiration of the Holy Spirit and is filled with creative pictures of memories and poetry as Kim rewalked her life over again to find the missing pieces to the puzzle of her life.

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After experiencing the death of both parents, Margaret McSweeney recognized the importance of community like never before. Through these difficult times in life, she learned how God uses gritty circumstances to conform us to the stunning image of Christ. McSweeney also realized that she was not at all alone. It is for this reason that she decided to compile essays into an inspiring book: *Pearl Girls: Encountering Grit Experiencing Grace*. Through this collection, readers will be encouraged by the heartfelt writings that deal with loss and hardship in a real and honest way. Respected authors such as Shaunti Feldhahn, Melody Carlson, Debbie Macomber, Robin Jones Gunn and others help remind every woman that they are not alone and that no circumstance is beyond the grace of God. McSweeney uses the metaphor of a pearl in order to

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better describe the situations that ail us all. When an oyster takes in a piece of sand in order to create its coveted masterpiece, it is initially painful to the soft flesh of the creature. But after the pain, appears a clean, white symbol of simplicity, purity, and endurance that any woman would be proud to wear. McSweeney believes that each woman is a pearl and together, form a necklace of great worth. In this book, readers will discover community and encouragement: women are alone in neither their pain nor victories in life.

Awaken the dormant dreams in your heart and start paving a path toward freedom and healing. Sometimes life smacks us upside the head while we are looking the other way. We get knocked down and struggle to get back up. But your past struggles do not determine your future. Using the pain of her past, Nicole Crank

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walks you through the hurdles meant to keep you down, which will, in turn, bring you closer to God. I Will Thrive gives you the courage to look at your past and be able to declare freedom from fear--allowing a daring spirit to rise up in those who have forgotten how to be brave. This freedom awakens the fight that's inside of you to stand up to the enemy and dream again. Regardless of what happened to you or even because of you, God's plan for you always has a hope and a future, and it never changes. You'll learn to find healing and happiness in every day.

Books That Change Lives is a compilation of essential books recommended by Christian retail book experts. This guide is a useful tool for beginners just coming to the faith, [veteran] Christians searching for growth and guidance and church leaders seeking to study the Christian faith

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and recommend quality Christian books to others.

With over 250,000 copies sold, reviewers continue to rave about *And the Bride Wore White: Seven Secrets To Purity*. But the greatest proof of its effect is in the lives of tens of thousands of young women who've embraced the book's message. Each chapter of *And the Bride Wore White* begins with a narrative of Dannah Gresh's young love life, taken from her own teenage journals. She transparently shares her struggles and successes, her moments of pain followed by healing, and the moments of triumph. This story-line grips the young reader while they learn statistically proven risk-reduction factors. The end result are usable "how-to-say-no" skills that can reduce the risk of a young woman's heart being broken by sexual sin. In this update, Dannah and her friends

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share open letters of encouragement to young women, one to those who chose life and another to those who chose abortion, one to teen girls addicted to pornography and another to girls who have experienced sexual abuse, and many more specific to a young woman's unique circumstances.

☐ Science has validated the power of breathing and mindfulness to enhance our well-being. Sandy Abrams' advice is a simple but incredibly effective way to make mindfulness a part of your life and help you thrive in our always-on world."

--Arianna Huffington, Founder & CEO, Thrive Global Technology has revolutionized the business sector.

Whether you're an entrepreneur, employee, CEO, or executive, you're likely feeling the effects of less humanity and more technology. Our minds are distracted, our attention spans are

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shortened, we want everything on demand, in boxes are never empty, our energy is frequently negative, we're addicted to social media, and we're sleep deprived.

This cannot be the new normal. Breath is the antidote! Breathe to Succeed shares the transformative power of breath in business. Even just three deep breaths at key moments can be nothing short of miraculous. With Abrams's fast, simple, and effective breathing techniques, you'll become more mindful and engaged and experience better moods, a calmer perspective, and positive energy that will translate to next-level productivity, creativity, and clarity. Breathe to Succeed will teach you how to: Utilize a variety of simple breath techniques to access your optimal energy and manage your emotions in the moment. Become self-aware of your negative thought patterns/behavior and rewire your brain with positive new habits.

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Activate the power of your mind to breathe through challenges, make better decisions, and reach goals effortlessly.

Every day, tens of thousands of women turn to Midday Connection for spiritual nourishment and encouragement through the radio program and Facebook community. The hosts, Anita Lustrea, Melinda Schmidt and Lori Neff hear the heartfelt needs of these women and understand their desires to grow in body, mind, and soul. In response, Midday Connection along with prominent authors and artists — Staci Eldridge, Shannon Ethridge, Carol Kent, Sara Groves and many others — compiled *Tending the Soul: 90-days of Spiritual Nourishment*. This devotional combines transparency with biblical truth, as each reading begins with scripture, followed by a short devotional including a deeply personal prayer, and

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