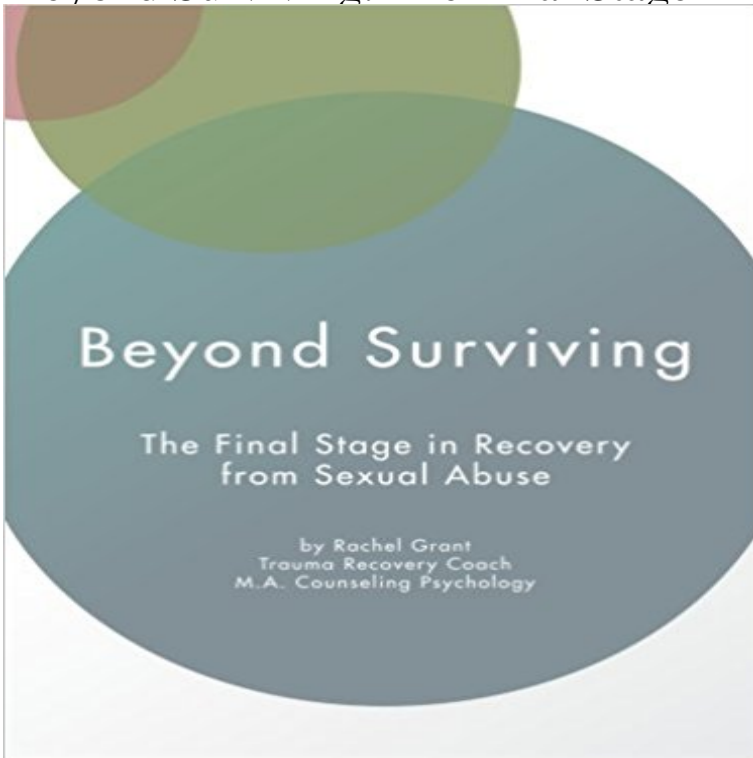


Beyond Surviving: The Final Stage in Recovery from Sexual Abuse



For survivors of childhood sexual abuse who are sick and tired of feeling broken, unfixable, and burdened by the past. Learn to let go of the pain of sexual abuse and finally feel normal. Author Rachel Grant brings to the table a passionate belief that you do not have to remain trapped or confronted daily by the thoughts or behaviors that result from abuse. Through her own journey of recovery from sexual abuse, she has gained insight and understanding about what it takes to overcome abuse. This makes it possible for her to relate to and appreciate your struggles intimately. The Beyond Surviving guidebook is specifically designed to change the way we think about and heal from abuse. Based on her educational training, study of neuroscience, and lessons learned from her own journey, readers have successfully used the guidebook to break free from the past and move on with their lives. Through completing the guidebook, you will:

- * Train in techniques for identifying the lies that abuse taught you about yourself
- * Learn strategies for breaking free of patterns of thought or behavior
- * Let go of shame, guilt, and any belief that the abuse was your fault
- * Release your anger, loneliness, and fear of abandonment
- * Develop strong communication skills and self-confidence
- * Learn how to trust again, set boundaries, and enjoy intimate relationships
- * Reconnect with your genuine self and feel

normalâ€‹Beyond Surviving enables survivors of sexual abuse to take back their rights and realize their own ability to make powerful choices about who they are and how they live. This guidebook offers an opportunity to reach the final stage of recovery and begin living authentically and free from the burdens of past experiences. â€‹

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Episode 116-Surviving childhood sexual abuse and trauma, with Im Rachel Grant, and I am a Beyond Survivor of sexual abuse. She is also the author of Beyond Surviving: The Final Stage in Recovery from Sexual Abuse.

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