

Meditations for Reclaiming Our Voices from Addiction and Sexual Trauma



How We Heal: Meditations for Reclaiming Our Voices from Addiction and Sexual Trauma (Hazelden

Meditations) by Misti B

★★★★★ 5 out of 5

Language : English

File size : 96343 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 400 pages



Have you been struggling with addiction or sexual trauma? Do you feel like your voice has been silenced? If so, this book is for you.

Meditations for Reclaiming Our Voices from Addiction and Sexual Trauma is a powerful guide that will help you break free from the past and live a fulfilling life.

This book offers daily meditations and insights that will help you:

- Understand the impact of addiction and sexual trauma
- Learn how to cope with triggers and cravings
- Develop healthy coping mechanisms
- Build self-esteem and confidence

- Find your voice and speak your truth

This book is written by Hazelden, a leading provider of addiction and mental health treatment. Hazelden has been helping people recover from addiction for over 70 years.

Meditations for Reclaiming Our Voices from Addiction and Sexual Trauma is a valuable resource for anyone who is struggling with addiction or sexual trauma. This book can help you heal from the past and live a full and happy life.

What Others Are Saying

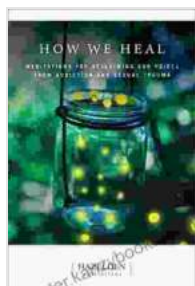
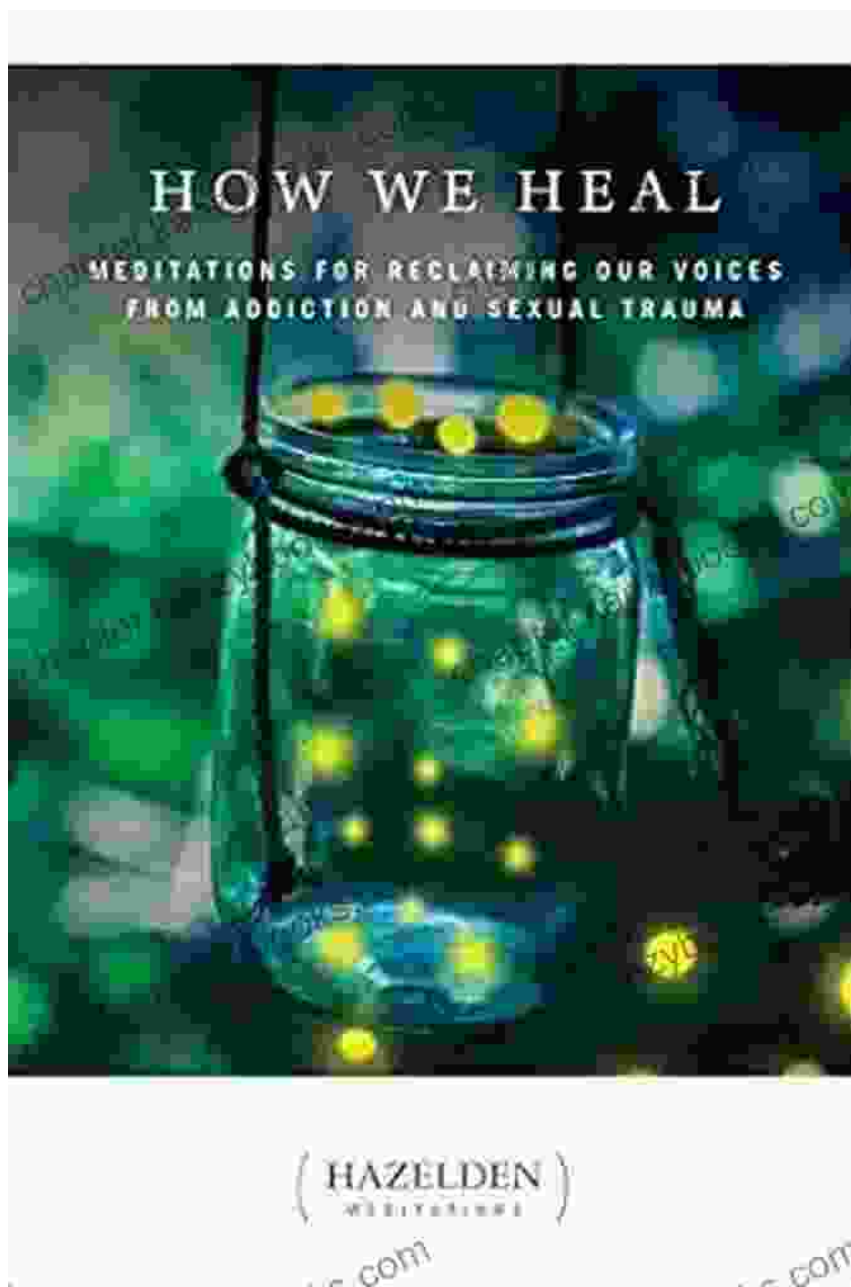
"This book is a powerful tool for healing and recovery. I highly recommend it to anyone who is struggling with addiction or sexual trauma." - Dr. Gabor Maté, author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

"Meditations for Reclaiming Our Voices is a must-read for anyone who has experienced addiction or sexual trauma. This book offers hope and healing through daily meditations and insights." - Mary Ellen Copeland, author of *The Healing Journey: A Woman's Guide to Recovering from Sexual Trauma*

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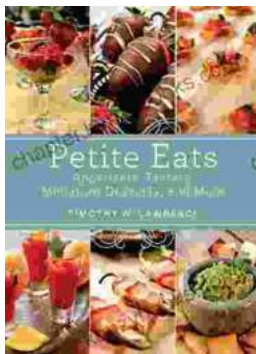
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