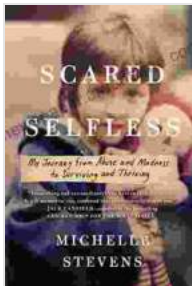


My Journey From Abuse And Madness To Surviving And Thriving

I never thought I would be able to tell my story. I was so ashamed of what had happened to me. I felt like I was dirty and broken. But I knew that if I didn't share my story, I would never be able to heal.



Scared Selfless: My Journey from Abuse and Madness to Surviving and Thriving by Michelle Stevens

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1039 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 301 pages



I was raised in a home filled with violence and abuse. My father was an alcoholic and my mother was mentally ill. I was constantly being beaten, both physically and emotionally. I was also sexually abused by a family friend.

As a result of the abuse, I developed severe mental illness. I was diagnosed with post-traumatic stress disorder (PTSD), depression, and anxiety. I was also struggling with addiction.

My life was a living hell. I was constantly in pain, both physically and emotionally. I felt like there was no hope for me. I was sure that I would never be able to escape my past.

But then I found help. I started going to therapy and I joined a support group. I also started taking medication for my mental illness. Slowly but surely, I started to heal.

It wasn't easy, but I was determined to get better. I knew that I deserved to be happy and that I could have a good life. And so I kept fighting.

Today, I am a survivor. I am thriving. I am happy and I am healthy. I have a great job, a loving family, and a bright future. I am proof that it is possible to overcome adversity and to live a full and happy life.

My journey from abuse and madness to surviving and thriving was not easy, but it was worth it. I am so grateful for the help that I received and for the strength that I found within myself. I know that I can overcome anything that life throws my way.

If you are struggling with abuse, mental illness, or trauma, please know that you are not alone. There is help available and you can get better. You deserve to be happy and to have a good life. So please, don't give up. Keep fighting and never give up on yourself.

Free Download Your Copy Today

My book, *My Journey From Abuse And Madness To Surviving And Thriving*, is now available on [Our Book Library.com](http://OurBookLibrary.com). In this book, I share my story of

overcoming adversity and I offer hope and inspiration to others who are struggling.

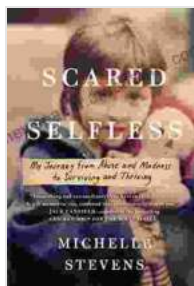
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About the Author

I am a survivor of abuse, mental illness, and trauma. I have dedicated my life to helping others who are struggling with these issues. I am a therapist, a speaker, and an author. I am also the founder of a nonprofit organization that provides support and resources to survivors of abuse.

I am passionate about helping others to heal and to find hope. I believe that everyone deserves to be happy and to have a good life. And I know that it is possible to overcome adversity and to live a full and happy life.

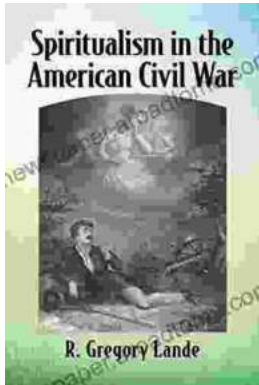


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