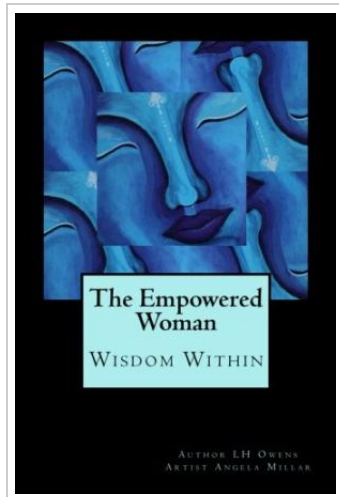




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The Empowered Woman: Wisdom Within: Journey of an Empowered Woman (Paperback)

By L H Owens

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Angela Millar (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Social taboos and tough love mentality remain the greatest obstacles in mental health recovery. Depression and anxiety are misdiagnosed as a disease and trauma survivors stigmatized as broken or damaged . LH Owens breaks down those barriers by shamelessly speaking out about her 15 year battle with depression and anxiety. She bravely shares her survival story, revealing traumatic memories of rape and brutal violence. Wisdom Within: Journey of an Empowered Woman is emotionally confrontational and thought provoking; written with courage, sassiness and heartbreaking honesty. The author fiercely encourages women to break free from social stigma; to speak out about their battles with mental health and trauma. Included in the book are a 9 Steps Recovery Guide and Personal Rituals incorporating self-empowerment and effective psychological self-help techniques which the author successfully used to overcome her mental health challenges. Also included are the inspirational stories of fourteen brave women who battled with depression, anxiety and are trauma survivors; who redefine what it means to be an empowered woman. creating this book has been a gigantic leap of faith, believing in myself...



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Reviews

Extensive manual! Its this sort of very good study. It is rally fascinating throgh reading time period. I am just pleased to explain how this is actually the finest publication we have go through during my personal life and can be he greatest ebook for actually.

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