



From Pain to Power: Overcoming Sexual Trauma and Reclaiming Your True Identity

Mary Ellen Mann

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Sexual violation was not your choice, but recovery is.

As a survivor of sexual trauma, you've likely experienced feelings of shame and confusion, and weakening of your faith and trust. It may feel like no one understands. And each day you're simply trying to survive.

But the reality is you are meant for much more than survival. You are born with the right to use the pain as a point of power and reclaim what was taken without permission—your true identity.

Author Mary Ellen Mann understands. She's been there. In *From Pain to Power*, she weaves personal story and years of research and counseling experience to provide comfort and respect, biblical insight, guided imagery, and self-care strategies. She will help you:

- Regain your power, safety, and sense of self
- Go to battle as a "Princess Warrior"
- Learn to trust your gut instinct again
- Protect yourself from further assault
- Reconcile your faith in God, who understands your doubt and anger

Mary Ellen Mann stands in your corner as you restore and honor your rightful femininity, find your voice of reason, and choose to live a legacy-filled life.

Includes tips and resources for spouses, parents, ministry leaders, and advocates who want to help survivors of sexual assault.

From the Trade Paperback edition.

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From Pain to Power: Overcoming Sexual Trauma and Reclaiming Your True Identity can be one of your basic books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into pleasure arrangement in writing From Pain to Power: Overcoming Sexual Trauma and Reclaiming Your True Identity however doesn't forget the main point, giving the reader the hottest and also based confirm resource details that maybe you can be one of it. This great information can drawn you into completely new stage of crucial pondering.

Mary James:

Is it an individual who having spare time in that case spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something new? This From Pain to Power: Overcoming Sexual Trauma and Reclaiming Your True Identity can be the solution, oh how comes? A book you know. You are so out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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