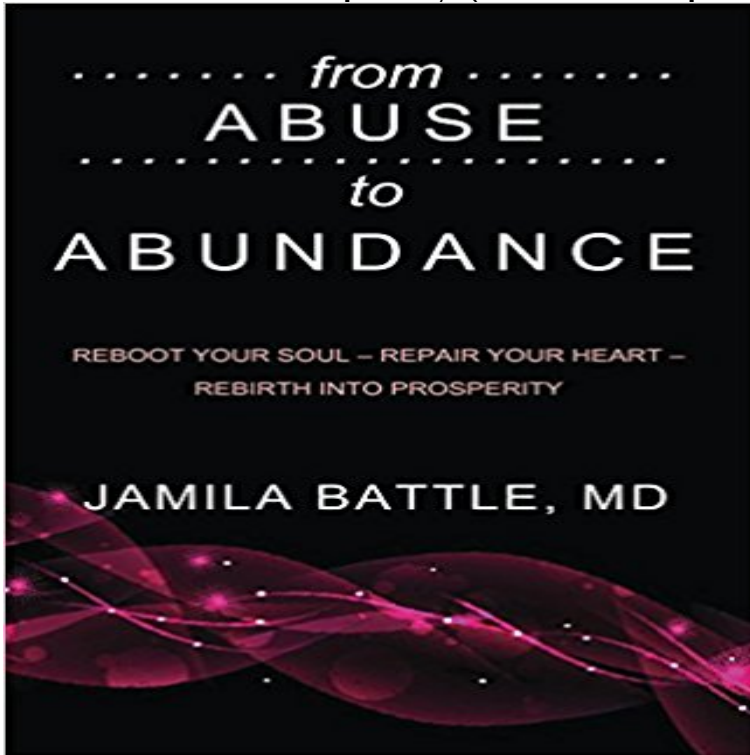


# from Abuse to Abundance: Reboot Your Soul - Repair Your Heart - Rebirth Into Prosperity (Reboot Repair Rebirth™ Book 1)



Does it Sometimes seem like your life is unreal? Perhaps it seems that your existence is more nightmare than dream. That's what it was for me as a child of abuse, but I learned how to overcome it by pushing the reboot button, working to repair the damage in my life, and rebirthing myself into a happier, more successful future. My dad was a recognized and renowned jazz musician. He played and made records with great jazz musicians of the late 20th century. But behind his mask of success and notoriety lurked a monster. His own insecurity, fear, addictions, lies and bad choices led him to be a violent abuser and my family to live in poverty. Bars on the windows, secrets behind locked doors, terrors behind the mask of normalcy. I lived in a nightmare world and needed a way out. In the end, for me, there is a happy ending. What I didn't know was that, while I was able to escape the abusive situation, the abuse itself followed me. It sapped my joy and creativity. It wasn't until I fell into a hole of depression as a supposedly successful adult, a doctor, and the mother of three children that I realized there was a purpose to my pain. What did it take to crawl out of this hole? Join me as I take you on a journey of Reboot, Repair, Rebirth. Reboot your soul by breaking the silence, speaking your truth, and ending the isolation. Get to physical and emotional safety. Repair by getting help and consciously healing your mind, heart, and body. Conquer your demons and discover your inner light and resilience. Celebrate your Rebirth as a new, healing, wiser, loving, and centered being. Live intentionally and abundantly.

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