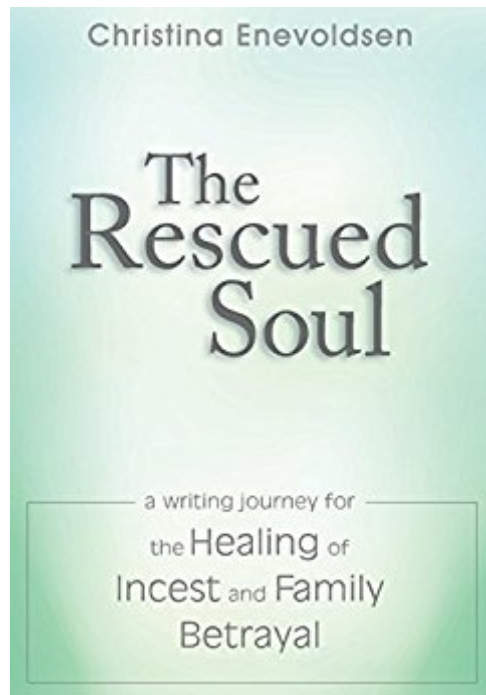


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# The Rescued Soul: The Writing Journey For The Healing Of Incest And Family Betrayal



## Synopsis

There is no greater isolation a child can suffer than that of incest. Without healing, that sense of isolation follows the survivor into adulthood. Abuse sabotages the relationship with yourself and every other relationship in your life. • Do you feel as though you don't belong? • Do you work for validation but feel unworthy of it? • Are you in abusive relationships with yourself? • Do you fear emotional intimacy? • Do you crave deep connections but always feel alone? Enevoldsen's inspiring message is that you don't have to live with the effects of sexual abuse. Combining candid personal stories with action steps to heal, Enevoldsen uses the tool of writing to show you how to move through your pain of abandonment and betrayal to heal your life. *The Rescued Soul: Healing guide Workbook 365 day journal with healing insights for encouragement, inspiration and hope* Here's what others are saying: "In *The Rescued Soul*, Christina Enevoldsen shares her extensive comprehension of what it means to face and overcome sexual abuse, gently guiding the reader through the process of reconnection on the journey back to self. A wonderful resource on the healing journey!" Darlene Ouimet author of *Emerging from Broken: The Beginning of Hope for Emotional Healing* "Christina Enevoldsen will take you into the depths of what healing from abuse truly requires. If you are brave enough to take this journey with her, I am certain you will emerge more alive and whole than you ever imagined possible. I know what her writing has done for my life, and I invite you to allow that level of transformation into your own as well." Kylie Slavik, Survivor & Author of *Recovering the Spirit from Sexual Trauma*

## Book Information

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## Customer Reviews

Christina Enevoldsen's book 'The Rescued Soul' is an authentic exercise into understanding coping methods of those who have suffered past abuse. Christina has the ability to address the unspeakable while removing the shame. Her book explains confusing emotions in a clear and concise way that would normally take years of painful and slow therapeutic work to unravel. Her steps are like a brightly lit path out of darkness untangling confusing emotions while leading you quickly through to self discovery and healing. This can only be possible from one who has truly done deep work and who understands the high points for what is helpful and what is not. The reader is likely to come away with love and understanding about him/her self and gain an understanding of how to help a friend or loved one who has been abused.

Excellent book for those who have experienced this type of family trouble. I bought it for a friend who had gone through this. Upon reading Christina Enevoldsen's website to help her, she stated how fantastic the website was, as they had actually gone through those type problems.

This book shares an uncommon and very refreshing perspective on healing from any abuse that reaches deep into your very identity. Incest is certainly that kind of abuse, but the book is helpful even if that isn't your trauma. The most helpful thing she offers is insight into her own experience of healing. There is a lot of relief in knowing that I am not the only person to have ever felt the way I have felt.

The Rescued Soul has been a great source of knowledge given in such a personal way. I have gained so much clarity and understanding about my own abuse. Christina Enevoldsen has addressed so many things about sexual abuse that I truly believed pertained only to me and my own thinking. I am so grateful for her courage, wisdom and knowledge.

I am reading "The Rescued Soul".. savoring every bit of it as it reveals more and more of the feelings I've had for a long time... the questions at the end of the chapters help me to put into words

the feelings I've never been able to share with anyone. I recommend this book for any childhood abuse survivor who needs help in the healing process. And I love Christina Enevoldsen's writing style.. she gets to the point without the need for a degree in psychology.

This is an excellent book and workbook. The author is authentic and transparent without sensationalizing this horrific topic. Difficult concepts related to healing were clearly explained. The topics and questions are comprehensive and relevant. As someone who has experienced this I very much appreciated all that I could relate to, and as someone who now works with others who have been abused I use this book to assist in their healing. I highly recommend this book.

This book was awesome for me. I've always wanted to know the way others dealt with sexual abuse and this was very helpful in starting my healing.

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