



Sister, Survivor: Finding Your Survivor Spirit

Ayngel "Boshemia" Overson

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From Victim, to Survivor, to Thriver... An inspirational tribute to the Survivor Spirit in all of us. Sister, Survivor: Finding Your Survivor Spirit After Abuse is a personal conversation from one abuse Survivor to another making the case that surviving abuse isn't all bad. Post traumatic stress disorder also has a little talked about side effect, known as Post Traumatic Growth, and it is more common than you might think. The author calls it the Survivor Spirit, and for the record, her Survivor Spirit calls herself Boshemia. PTSD had already left her reclusive and home-bound when she began suffering from a mysterious illness. She was diagnosed with fibromyalgia, but doctors gave her little hope of ever leading a normal life again. Refusing to give up she finally located professionals who understood the unique health problems that many Survivors face and began the path to healing in her life. Part memoir, part self-help, the author examines the dilemma of being an abuse Survivor in a world that expects cookie cutter normalcy. In this book, Ayngel and her alter ego Boshemia share the many lessons that they learned together on the journey from Victim to Survivor to Thriver.... Learn how to: Stop the cycle of abuse in your life for good. Redefine "normal" for yourself. Build stronger, and healthier personal relationships. Find the YOU that you were truly meant to be. Set personal boundaries that aren't a prison.

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Johnny Powers:

Book is to be different for every single grade. Book for children until adult are different content. As we know that book is very important normally. The book Sister, Survivor: Finding Your Survivor Spirit was making you to know about other information and of course you can take more information. It doesn't matter what advantages for you. The guide Sister, Survivor: Finding Your Survivor Spirit is not only giving you more new information but also for being your friend when you feel bored. You can spend your personal spend time to read your book. Try to make relationship with all the book Sister, Survivor: Finding Your Survivor Spirit. You never truly feel lose out for everything if you read some books.

Daniel Padilla:

Now a day individuals who Living in the era everywhere everything reachable by connect to the internet and the resources inside it can be true or not call for people to be aware of each data they get. How a lot more to be smart in receiving any information nowadays? Of course the answer then is reading a book. Looking at a book can help folks out of this uncertainty Information specially this Sister, Survivor: Finding Your Survivor Spirit book because book offers you rich details and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it everbody knows.

Andrew Comer:

Reading a book tends to be new life style within this era globalization. With reading you can get a lot of information that may give you benefit in your life. Along with book everyone in this world could share their idea. Publications can also inspire a lot of people. Lots of author can inspire their very own reader with their story or maybe their experience. Not only the story that share in the ebooks. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors in this world always try to improve their talent in writing, they also doing some investigation before they write with their book. One of them is this Sister, Survivor: Finding Your Survivor Spirit.

Elizabeth Rogers:

The book untitled Sister, Survivor: Finding Your Survivor Spirit contain a lot of information on that. The writer explains her idea with easy means. The language is very clear to see all the people, so do not really worry, you can easy to read this. The book was written by famous author. The author provides you in the new era of literary works. You can actually read this book because you can please read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice study.

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