



Shh Don t Tell: Journey of Survivors (Paperback)

By Joy T J Riley

Tate Publishing Enterprises, United States, 2013. Paperback. Book Condition: New. 175 x 124 mm. Language: English . Brand New Book. Pain, rejection, shame, unworthiness, betrayal, and anger often fill the veins and pump through the hearts of all survivors of molestation and sexual abuse. It is often through self-medication and/or self-destruction that one attempts to drown out these hurtful feelings. Ultimately these coping mechanisms further the downward spiral that already exists. Without the Lord and without faith, letting go is like holding your breath in the middle of the ocean. Eventually, the water fills your lungs, and slowly but surely you sink to the bottom of the ocean floor with no hope of dry land in sight.



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