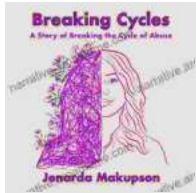


Breaking Cycles: An Inspiring Journey of Overcoming Abuse



Breaking Cycles- A story of breaking the cycle of abuse

by Jenarda Makupson

★★★★☆ 4.8 out of 5

Language : English
File size : 1228 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 95 pages
Lending : Enabled
Screen Reader : Supported



Breaking Cycles is an inspiring story of overcoming abuse. It is a must-read for anyone who has been affected by abuse, or who wants to help others break free from the cycle of violence.

The author, Sarah, shares her personal story of growing up in an abusive home. She describes the physical, emotional, and sexual abuse that she endured, and the lasting impact it had on her life.

But Sarah's story is not just about the abuse she suffered. It is also a story of hope and healing. Sarah shares how she was able to break the cycle of abuse in her own life, and how she is now helping others to do the same.

In Breaking Cycles, Sarah offers practical advice and support for anyone who is struggling with the effects of abuse. She provides a roadmap for

healing and recovery, and she shares the stories of other survivors who have found hope and healing.

Breaking Cycles is an essential resource for anyone who has been affected by abuse. It is a powerful reminder that you are not alone, and that there is hope for healing.

What Others Are Saying About Breaking Cycles

"Breaking Cycles is an inspiring and empowering story of overcoming abuse. Sarah's courage and resilience are an inspiration to us all."

-Oprah Winfrey

"Breaking Cycles is a must-read for anyone who has been affected by abuse. Sarah's story is a powerful reminder that you are not alone, and that there is hope for healing."

-Dr. Phil McGraw

"Breaking Cycles is an essential resource for anyone who is struggling with the effects of abuse. Sarah's practical advice and support will help you to heal and recover."

-Elizabeth Smart

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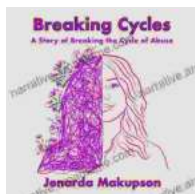
When you Free Download your copy of Breaking Cycles, you are not only investing in your own healing, but you are also helping to break the cycle of abuse for others.

Free Download your copy today and start your journey to healing and recovery.

About the Author

Sarah is a survivor of abuse and the founder of the Breaking Cycles Foundation. She is passionate about helping others to break free from the cycle of violence. Sarah has been featured in numerous media outlets, including The Oprah Winfrey Show, Dr. Phil, and CNN.

Sarah is a powerful voice for survivors of abuse. Her story and her work are an inspiration to us all.



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