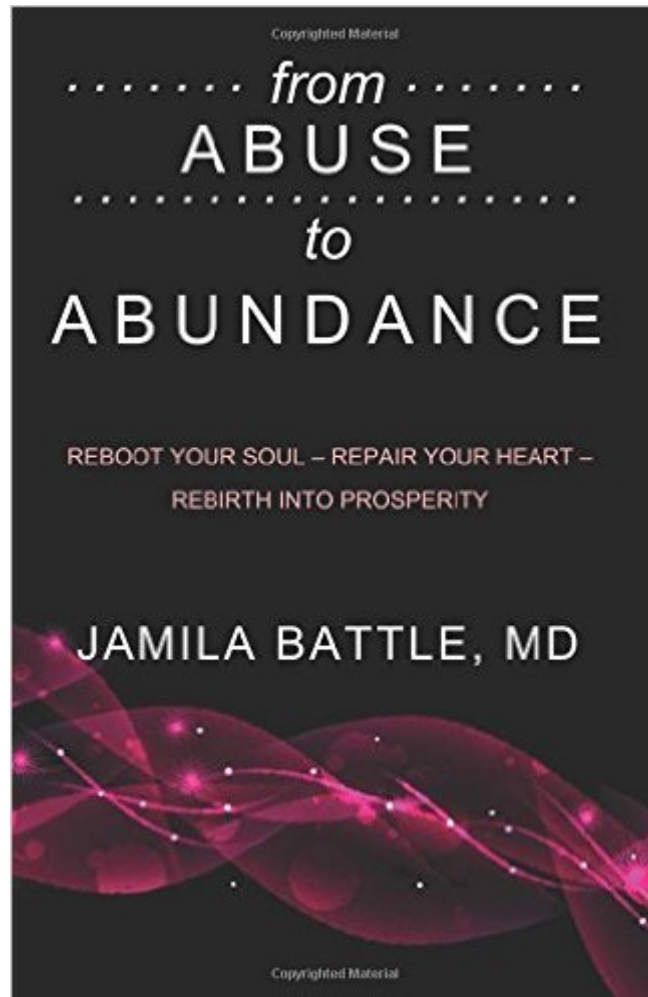


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# From Abuse To Abundance: Reboot Your Soul, Repair Your Heart, Rebirth Into Prosperity



## Synopsis

Does it sometimes seem like your life is unreal? Perhaps it seems that your existence is more a nightmare than a dream. We never know about the private lives behind the façades people create for public consumption. Yet what shapes our lives is the raw, unvarnished, unstated, and camouflaged reality that defines our everyday existence. I grew up in such an illusion and suspected that my life was closer to the nightmare side than the dream. My dad was a recognized and renowned jazz musician. He played with and made records with the great musicians of the late twentieth century. Behind the mask of success and notoriety lurked a monster whom no one from the public would have recognized or believed existed. His own insecurity, fear, addictions, lies, and bad choices led him to be a violent abuser. 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.

## Book Information

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## Customer Reviews

After reading about what our Daddy went through growing up, that man never had a chance in hell. It doesn't excuse what he did, but it gives clarity to WHY he did what he did. HURT PEOPLE, HURT PEOPLE. What a miserable way to live. I can't imagine the hell and the turmoil that must have been going on in his head ALL THE TIME. I know that no matter how good of a musician he was, no matter the accolades, no matter the admiration from the women, no matter the respect from his peers, at the end of the day Daddy had to live with himself. And I know that deep down he must have really hated himself. In the end, he did not have the courage, the tools, or the ability to overcome his demons. We are our Father's children. The way that he abused us and the dysfunctional paths that we took differed but the result was that at our core, we reflected the self-hate and lack of self-worth that Daddy instilled in us and perhaps had for himself. We carried that around for years and years allowing it to affect our lives and the lives of those around us. Fortunately, we were able to have people who came into our lives who would eventually show us that there was actually light at the end of the tunnel. That all life didn't have to be despair. But all they could really do was point the way. The crucial work of healing had to begin from within and by taking an honest look deep into the depths of our very souls. It is probably the hardest thing for an individual to do but it has to be done in order to break the cycle of dysfunction. It takes a great deal of courage and humility to look at yourself in the mirror and to accept it ALL, the good, the bad, and the ugly, without judgment, just pure acceptance. However, it is the first step to HEALING, to SELF-RESPECT and ultimately SELF-ACTUALIZATION.

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