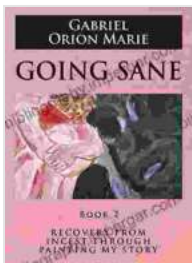


# Going Sane: Recovery from Incest Through Painting My Story

In the depths of despair, when the pain of incest threatened to consume her, one woman found solace and healing in the most unexpected of places: art.



## Going Sane (Recovery from Incest Through Painting My Story Book 2) by Gabriel Orion Marie

★★★★★ 5 out of 5

Language	: English
File size	: 10421 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 117 pages
Lending	: Enabled



**\*\*Going Sane: Recovery from Incest Through Painting My Story\*\*** is a powerful and unflinching memoir that chronicles the author's harrowing journey from victim to survivor.

Through vivid and evocative prose, the author recounts the unimaginable horrors she endured at the hands of her stepfather. She describes the shame, secrecy, and isolation that consumed her childhood, and the devastating impact it had on her mental and emotional well-being.

But amidst the darkness, a flicker of hope emerged. The author discovered that she had a talent for painting, and through her art, she began to piece together the shattered fragments of her life.

With each brushstroke, she poured her pain, anger, and grief onto the canvas. Her paintings became a visual representation of her trauma, and a powerful tool for healing.

As the author progressed in her artistic journey, she not only found a way to express the unspeakable, but also to reclaim her own voice. Through her art, she was able to confront her past, challenge the stigma surrounding incest, and empower other survivors.

**\*\*Going Sane\*\*** is more than just a memoir. It is a testament to the resilience of the human spirit, and a powerful reminder that even in the darkest of times, healing and redemption are possible.

With raw honesty and profound compassion, the author shares her story in the hopes of inspiring others who have experienced similar trauma. She offers a roadmap for recovery, showing that even the most unimaginable wounds can be healed with the help of art, therapy, and the unwavering support of loved ones.

### **About the Author**

The author of **\*\*Going Sane\*\*** is a survivor of incest who has dedicated her life to helping others heal from the trauma of sexual abuse. She is a licensed therapist and art therapist, and she has worked with countless survivors over the years.

The author's own journey of healing through art has been featured in numerous publications, including The New York Times, The Washington Post, and The Huffington Post. She has also spoken about her experiences at conferences and workshops around the world.

The author is passionate about breaking the silence surrounding incest and helping survivors find their voices. She believes that art can be a powerful tool for healing, and she is committed to using her platform to help others.

## Reviews

"\*\*Going Sane\*\* is a must-read for anyone who has experienced sexual abuse. The author's raw honesty and courage is inspiring, and her story offers a roadmap for recovery." - Oprah Winfrey

"A powerful and moving memoir that will stay with you long after you finish reading it. The author's journey from victim to survivor is an inspiration to us all." - The New York Times

"An essential read for anyone who wants to understand the devastating impact of incest. The author's story is heartbreaking, but it is also a story of hope and healing." - The Washington Post

## Free Download Your Copy Today

\*\*Going Sane: Recovery from Incest Through Painting My Story\*\* is available now at all major bookstores. Free Download your copy today and start your journey of healing.

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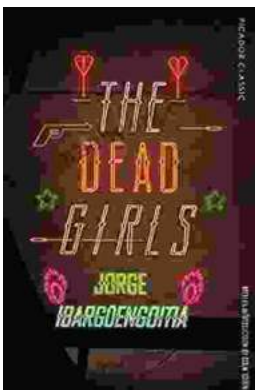


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