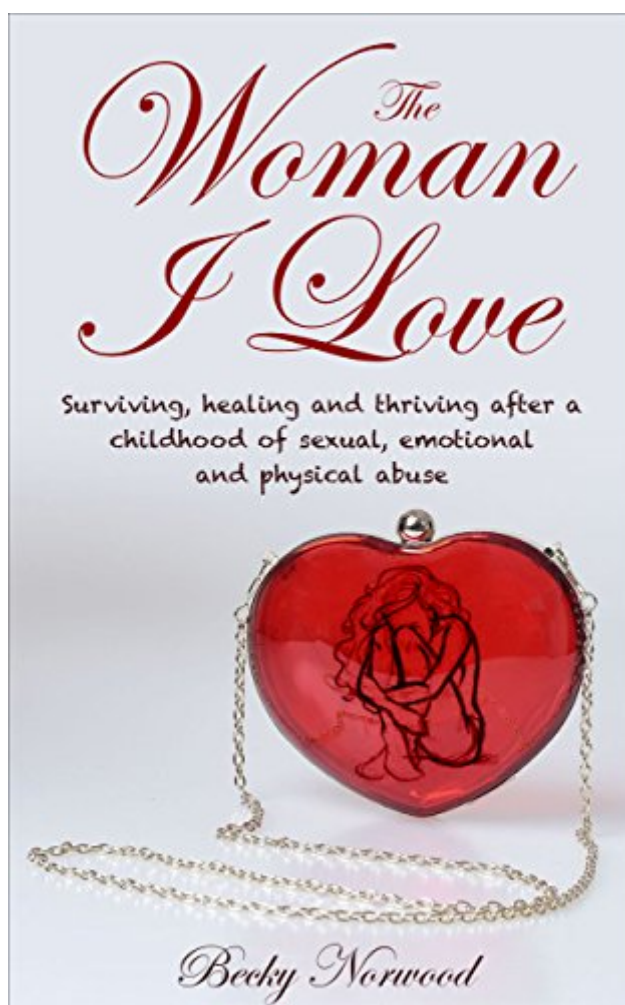


The book was found

The Woman I Love: Surviving, Healing And Thriving After A Childhood Of Sexual, Emotional And Physical Abuse



Synopsis

Becky Norwood endured sexual, emotional and physical abuse at the hands of her father from very early childhood. It was to last for many years. Yet, she is a tribute to the unstoppable spirit that guides her life daily and has kept her not just alive, but living a full and rich life. Through a PhD in the school of hard knocks and experience, she has come to thrive in her own right. Becky will be the first to say that healing and self love does not happen overnight. In overcoming depression and low self confidence, coming to a place of both loving and more importantly forgiving herself for the role she played has been critical. Forgiveness is something you do for yourself. Understanding that we "Do Not Owe Our Past a Place in Our Future," Becky makes conscious decisions daily as to how her life will be each day. "The Woman I Love" is a work of heart for Becky and she feels that it could just as easily be titled "The Man I Love." She says that statistics are that one in three girls and one in five boys are victims of incest and abuse, therefore healing steps must take place regardless of our gender. She also recognizes the fact that those figures are likely highly inaccurate, simply because of knowing all too well the threats on not only her life but that of her siblings and mother...and later her children. Many are issued threats that keep them quiet...often for their entire lives. The damage causes lifelong issues that can color one's world miserable for an entire life, unless steps towards healing are diligently followed. Issues often are self abuse in many forms including suicidal tendencies, drug or alcohol addiction, sexual addictions, extreme low self esteem, depression and more. One of the greatest tools she has found is finding the courage to speak up, to tell her story. Becky feels that: "Each human alive is a constantly unfolding story, a hero in a novel that no one else can write." She feels that we owe it to ourselves and future generations to speak our truth, essentially, leaving a legacy, and BE the change we want to see in our world. As with those who have gone before her, she has witnessed firsthand the power of putting pen to paper not only to set oneself free, but to expose a travesty that occurs daily in our society. Currently Becky works with other women to help them craft their stories. As with herself she has had the pleasure of watching others find peace through the telling of their stories. Becky says that despite consistent efforts to heal and grow, telling her story has rewarded her with the most healing and feeling of self worth that she has ever experienced. Indeed, why have we lived on this earth unless it is to share our own experience, perhaps sparing someone else who has gone through the same and need their own light to shine. Becky's other books are: The Woman I Love: Journal and Coloring Book and an upcoming series of books called "We Choose to Thrive: Voices Rising in Unison Giving Hope to Abuse Survivors That They Can Heal and Thrive. If you have had such an experience and want to be a part of this series, which is planned to be a

documentary...please reach out to Becky at
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Customer Reviews

A survivor's honest quest to help others thrive following any longtime abuse. Well written, heartfelt and kind expressions lead the reader through the author's personal journey of survival. If you've suffered any kind of abuse yourself, or know of someone you even suspect might have, this book will inspire healing. Becky has included some wonderful resources and offers to help you tell your story. This book is well written and points the way to helping others heal.

I just finished Becky Norwood's book, *The Woman I Love*, last night. What a story and what an inspiration. I met Becky at a women's business event last year and was quite taken by her presence. I had no idea about the challenges and horrible experiences she had endured. Bringing her story to print shines a light on the "taboo" topic of sexual abuse (and other forms), thus bringing out the awareness and change that is much needed. Becky encourages those who have suffered in

silence to speak up and heal and she supports them in the process. Though a very difficult topic to write about, Becky shares her story with grace and power as well as with love. Beautifully written, heart-felt and vulnerable sharing a must read for anyone who has experienced abuse, those who have witnessed abuse, and those whose loved ones have experienced abuse. Thank you for being the change for so many women and children, and men.

As I read this book I found myself thinking, "what I've been through is nothing compared to this! My own story could not be as inspirational." But Becky does an amazing job of reaching all survivors of any kind of abuse. I quickly saw that even though each of our journeys may have different events along the way, the struggles - and triumphs - are the same. This book is packed with so many gems that inspire me to fly even higher than I ever dared dream. Thank you, Becky, for your courage to be vulnerable in front of the world and for your generosity of spirit in sharing this beautiful story of choosing love over fear.

just finished reading your story and I just wanted to say thank you for sharing your inspiring and brave journey with the world. This book is so well written and I read it in one sitting. It is difficult to find our voices after so many years of silence and secrets but in doing so you are helping others, including myself. I highly recommend anyone who has been affected by sexual, physical or emotional abuse read this and take hope from it that you are not alone.

I don't think a book has touched me more. Still sitting here crying from Becky's words. I could hear her voice through the pages. I loved her the first time I met her, never knowing her past. I saw her as such a strong, gentle person... never knowing.

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