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Secret Bad Girl: A Sexual Trauma Memoir And Resolution Guide



Synopsis

Secret Bad Girl is a deeply healing memoir and trauma resolution guide for women who've suffered secret rapes or sexual abuse--and want both stories and instructions for being set free. Rachael Maddox bravely shares her own story of statutory rape and recovery, inviting readers into the possibility that their current sex issues, fears, stunted confidence or self-worth troubles, private addictions or private depressions, or impossible-seeming dreams, could in fact be resulting from unresolved sexual trauma. There's a myth that so many women bear the burden of in today's world. The myth is that we're bad for the violations that happen to us, as well as the mess of the aftermath of those abuses. Secret Bad Girl not only dispels this myth, but illuminates exactly how you can transcend it, embodying the aliveness, resilience and vitality available to you. Secret Bad Girl reads like works by Eve Ensler mixed with Peter Levine and a dash of Andrea Gibson. Stories. Science. Poetry. Most people never resolve their trauma because fear of entering into the territory of violation is so abrasive that they freeze. Rachael Maddox understands this fear and meets her readers in a place of compassion and grace, so that they can move into their long-awaited healing.

Book Information

File Size: 1805 KB

Print Length: 119 pages

Simultaneous Device Usage: Unlimited

Publisher: Difference Press (January 18, 2016)

Publication Date: January 18, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01ATM6H0A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #240,252 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #92

in Books > Politics & Social Sciences > Sociology > Abuse #317 in Books > Parenting &

Relationships > Family Relationships > Abuse > Child Abuse #473 in Kindle Store > Kindle

eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Dysfunctional

Customer Reviews

I thought I had posted my review of this book when it came out. I guess timing is everything. Maybe I was supposed to think of this book today. Maybe there's a message for me in it that I hadn't received until now. I didn't think I was a "secret bad girl." In fact, if anything, I was the complete opposite. Frozen inside. Rachael's words and message are warm and loving enough to thaw ice around the most frozen of hearts. Not only does she tell her own story, she explains the effects of trauma as completely as any college textbook. I loved this book. I think you will too.

I sat down with this intending to read a chapter and write a quick thumbs up. I never set it down. New Years Eve I met the brilliant light that is Rachael Maddox. In the short period of time we spent together, we laughed, cried, sang, danced... and Rachael spoke for me... a resounding NO that I was only able to utter politely, quietly... meekly. I am still finding my voice... and after reading this book I have a better understanding of why. I write this with tears still flowing. Rachael you have given me something I haven't been able to give myself. I have hope. A tiny little glimmer that is peaking through and challenging the lifelong belief that I am broken. ...maybe, just maybe, I am not.

This book is: Real. Raw. Honest. And completely in service to women and girls who have experienced sexual abuse. That abuse sits in your body and through your body, there is a path back to wholeness. This book compassionately and purposefully will heal your soul and guide you home to your heart.

This is a well-written book about a very difficult subject, yet one that needs to be written about and read. Kudos to Rachael for her courage in being able to share her journey from experiencing trauma via rape through all the steps of her healing process. While not a victim of sexual trauma, I have experienced physiological trauma, so appreciated her insights on how our body and mind store and suppress it. Most importantly, trauma sufferers become aware that healing is possible, and Rachael outlines clear steps toward achieving that end.

I loved reading this book! I have not experienced sexual trauma but so many women I know (and may not know about) have. As a music therapist, I work with lots of people who have experienced sexual abuse, and this book helps me understand what may be going on in a person's body when

they are under the trauma spell. What I loved about Rachael's book is that she revisits these "secret" experiences from the vantage point of all of the help and healing she has committed to and received. She holds the beacon of light in a really dark and dangerous place--one that she herself has experienced time after time. Unlike other self help books that focus on changing your mind or your attitude, Rachael illuminates how trauma is embedded in our physiology after a traumatic experience, and how needs to be released out of the body. This process takes time and may look like a really windy complicated road -- but what I relate to is that life is that way. Messy at times, painful at times, scary at times, and always lying in our experiences is this opportunity to grow and heal. Rachael bravely shares it all, and I relate to it -- the need to really live fully, and the need to know we're whole, we're a blueprint of perfect health. Whether you've experienced trauma or you know someone who has, or you're human and want to relate to another human experience that so many people experience, read this! It's beautifully written and reads like a really intimate juicy honest conversation with a stranger, or a best friend. (With some bonus slam poetry-esque chapter introductions to boot!)

What an important book! It is written from the heart, and I believe that most women will benefit from reading Secret Bad Girl. Thank you, Rachael, for bringing this subject to light, as so many women feel shame and secrecy in there past, due to trauma.

Honest, uncensored, beautiful. Rachael's writing style is delightful to read, easy to understand, and magical in it's ability to help readers suffering from trauma heal and have hope for a better life where things start to make sense again. Do yourself a favor and read this book.

Rachael delivers a beautiful treatise on the epidemic of sexual trauma AND how to resolve its lingering effects in the body... It is my wish that anyone who has experienced trauma of any kind get this book into their hands, onto their phone, kindle, etc. Let the secrets out and let the healing begin. Plus, I think you'll enjoy her mad poetry skills and imagery that clearly paints a picture of her devotion to this cause.

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