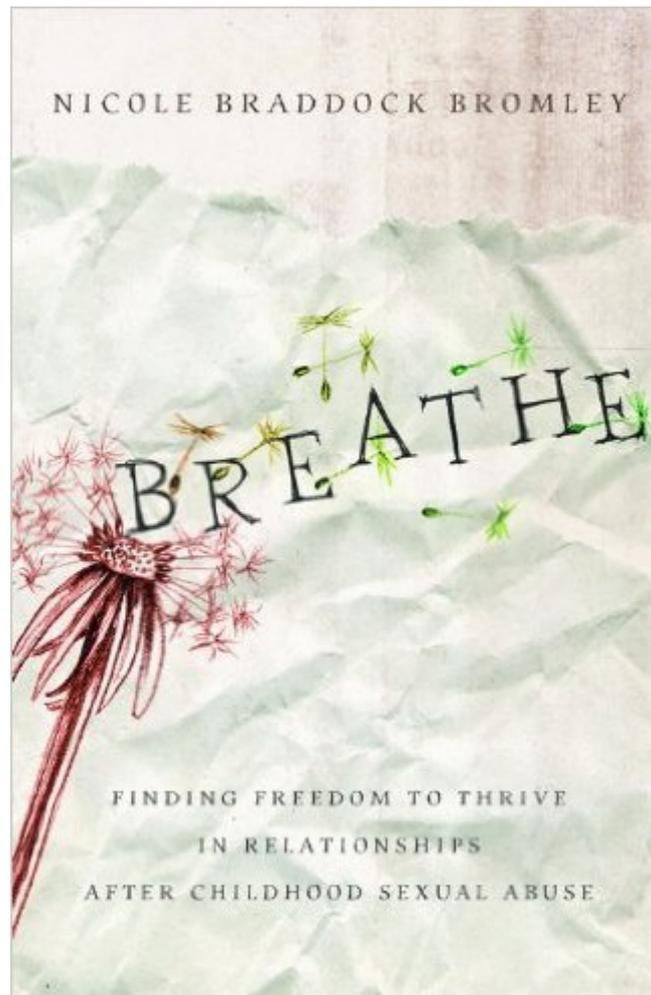


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# Breathe: Finding Freedom To Thrive In Relationships After Childhood Sexual Abuse



## Synopsis

A least one out of every three women and one out of every six men have experienced some form of sexual abuse. Regardless of the circumstances of the violation, every survivor can attest that it will impact relationships with parents, friends, spouses, children, and God. Sexual abuse survivors are often left feeling isolated and without anyone to trust. But it does not have to be this way. Nicole Braddock Bromley understands the fears and anxieties victims face as they seek to build healthy relationships after sexual abuse. As a survivor herself, Nicole offers readers the power and hope necessary to share their story, build intimacy, and develop healthy communication in all their relationships. Breathe also serves as a helpful tool for those in relationship with an abuse survivor by providing guidance, confidence, and encouragement as they seek to help and support.

## Book Information

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## Customer Reviews

As a pastor, neither "Hush" nor "Breathe" manage to stay on my shelf for long. These books have been passed on from one congregation member to another, from one family to another, one friend to another, and even from a student to a teacher in a public school. Just as "The Shack" has opened doors for people to talk about faith and God more easily, "Breathe" opens doors for people to not only talk about sexual abuse openly (an amazing feat in itself), but helps them understand the communal nature of healing and their role in that "circle of inspiration". "Breathe" is neither a memoir nor a self-help/how-to-heal book. While Nicole writes unapologetically from a Christian perspective, "Breathe" is fully relevant for even those who do not believe in God.

i've been trying to heal and recover for many years, being 55 years on the planet, and this is **BAR NONE** the best book i've yet to read on the subject and the solution. she tells it how i've lived it.

*Breathe* By Nicole Braddock Bromley touched on a subject that many survivor books do not, in a way that I would have never expected. Nicole talks about the in detailed struggles that survivors deal with in the aftermath of sexual abuse. Many survivors intimate relationships are put on hold, and many survivors run away from potential intimate partners because of the crippling fear of trust and intimacy that has already been broken. I love how Nicole wrote this book. She brought her own honest experiences in, her trial and error and eventually successful breakthrough, when she felt free to thrive and trust in her relationship with her husband Matthew. She gives tools that are so incredibly helpful to feel safe in a relationship after abuse, and also uses survivor stories along with her own for people from all walks of life to relate to. She uses scripture to inspire and believe in. She keeps the pages turning with hope and brings to light all the questions and concerns survivors have on a daily basis along their healing journey. One of my favorite parts of *Breathe* are the Life Letters appearing at the end of each chapter. These letters are from various people in Nicole's life, such as her mother and her husband Matthew. These were really powerful to me, and gave me alot of different perspectives. I recommend this book to any survivor, looking for a way to heal like no other, and to learn about the ways it is possible to be in healthy sexual, intimate and friendship relationships, during and after being abused. Nicole is an amazing writer, woman, friend and fellow survivor to all she meets. She really helps you to remember to Breathe again.

As a person that provides a counsel role with P.T.S.D. and sexual abused suffers this IS a amazing book that is blunt and useful and tasteful in assisting it's reader to both relate with a post-abuse victim in either a supportive role / or as a victim trying too verbalize trying to put words too-life-in order-to-recover. Amazing BLUNT rare RAW Honesty. BREATHE will create a open avenue for someone in either role to pursue health and healing where the starting place is no where to be found. TRUELY This young authors BOOKS (and there are more) should be made available in every counselor's office as borrower books. Thought provoking-conversation starting-the healing via someone brave enough to share-is a better PLACE than ANY OTHER! OH- You will not want to put it down-it will stay WITH YOU and IT will help you recover (or) the person in your life-you will begin to "understand" perhaps things that were very difficult before...HEALING IT CAN HAPPEN and WILL-BE- FASTER than YOU EVER imagined IT could BE! ...((i hear this all the time)) from people whom have read and accessed these books! PERIOD. PRICE IS TOO LOW!!!!

I was sexually abused as a child and have recently begun to realize the affects this trauma has had on my life. This book really opened my eyes to why I have struggle with worry, mood swings, depression, and trust issues. It also inspired me in that I realized, for the first time, that I am not alone in what I feel. Everyone who was abused as a child feels the loneliness, the low self-image and self-worth and so much more. This book is also good to give someone else who you're close to and want to talk through what happened to you. It gives sections at each chapter specific for the person who knows someone who went through the abuse - how to respond to that person, show them love, what they really need. . .etc. It also encourages how to find help among friends, family, and mentors. Was a quick and easy read, and one i'd recommend to anyone who has been through, or is close to someone who went through childhood sexual abuse.

Having read "Hush" again just before reading "Breathe", I loved the continuity of the healing journey that took me out of the darkness, gave me a voice, and gave guidelines to taking the next step by creating a circle if inspiration. Hopeful, motivating and inspiring to all who are on the journey of healing from sexual abuse!

This is singlehandedly the best book I've ever read about recovering from sexual abuse. It is from a Christian perspective, with a lot of stories from people who've gone through sexual abuse, and an incredible call to heal and forgive. I read this before reading Hush, and was definitely transformed. Buy this for yourself or friends who are healing from sexual abuse. Very eye-opening for parents and spouses of sexually abused men, women, and children.

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