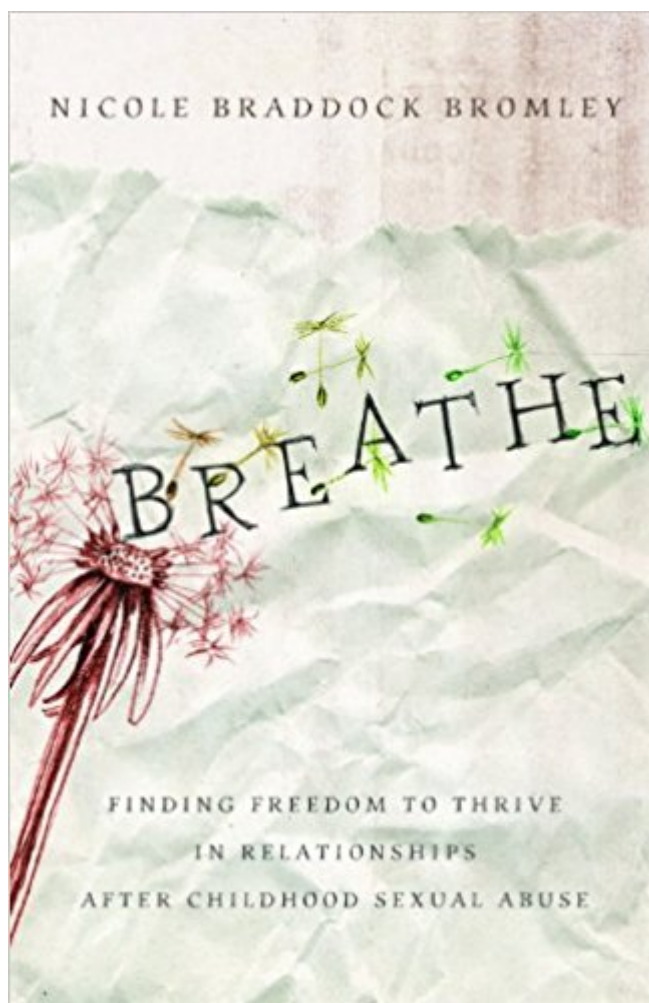


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# Breathe: Finding Freedom To Thrive In Relationships After Childhood Sexual Abuse



## 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

Breathe is to Hush as fulfillment is to a promise. Nicole's experience, wisdom, compassion and insight uniquely qualify her to console, encourage and challenge victims of sexual abuse in their ongoing healing. She also masterfully addresses those who help, offering information and advice. Each chapter is cohesively written with an account of a person from the Bible, an explanation of difficulties inherent in that particular element of recovery or support, narrative examples from people Nicole has encountered in her ministry and a "life letter" written by someone other than Nicole, addressing the reader from his or her perspective--friend, mother, husband, fellow victim. Every reader will leave the book with clearer understanding of and commitment to the "circle of inspiration" God intended for those who have been

victimized by childhood sexual abuse. Breaking the silence begins the healing. Thriving relationships are the "next step" and the reward of God's promise to dry every tear and bind every wound. "Breathe" helps us take that step.-Edee Shulze, PhD, Vice President for Student Life, Bethel University Those who have experienced sexual abuse as children know it is a dark and lonely road. This book shines the light of truth in such a practical way, and it provides a helping hand reaching out to those struggling for another breath. I know God is going to use this book in many lives for hope and healing.-Chris Fabry, author and host of Chris Fabry Live!

NICOLE BRADDOCK BROMLEY is the Founder and Director of OneVOICE Enterprises, an organization that is bringing healing change into the lives of victims of sexual abuse. Her message has been heard by thousands of students on college campuses, in high schools, middle schools, and churches around the country. Her work has gained media attention, appearing in magazines, newspapers, television, and on radio broadcasts. She is author of Hush and Breathe. Nicole and her husband, Matthew, have one son, and live in Columbus, Ohio. For more information, visit [www.onevoiceenterprises.com](http://www.onevoiceenterprises.com).

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.

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!!!!

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.

Breathe is an incredible book I will recommend to many people! This book is so refreshing to read. It offers hope and Nicole's style of writing makes it so easy to get hooked. She paints the picture for those going through life after being traumatized and she really gets the emotions and pain through abuse but she never leaves it there. She gives us the motivation to find the freedom that she talks about in Christ. Even if you haven't been abused, we all seem to know someone walking this journey and this book helps us understand the deep rooted hurt and confusion and how to walk with a friend going through it alone. The Bible stories in this book help us to identify with a loving God and gives us the real image of Jesus and His desire to walk this journey of healing with us. God is the source of fresh air to breathe and freedom from feeling trapped. The real life stories of victims all over the country help us relate and remind us of how abuse can affect every aspect of our lives. The format of this book makes for an easy read and one to inspire and encourage you along the way.

This is a must read for any survivor or person you loves someone who is. Great insight on the need for others in healing and fore most the need for God in this journey of healing. Gives practical steps to be able to have healthy relationships.

I found this book to be "difficult to read" because of its content. It touched me to the core of my being. However, I now am beginning to understand why victims quite often can't tell anyone of their abuse for various reasons. We live in a society of "moral descend" and most people don't understand how to help victims recover, myself included. I also learned how to speak to victims, once you become aware of their situation.

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.

If you are questioning if this book can help you or not, don't wait another minute. God used this book to provide healing in a way I had not been able to experience before. Truth, grace, and the love of God prevail in this book.

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