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Synopsis Books:

SILENCE BROKEN AND STIGMAS SHATTERED

HELP FOR INCEST SURVIVORS IS HERE Fans of Erin Merryn's heart-wrenching debut memoir *Stolen Innocence* were left wondering what would become of an emotionally fragile Erin after her confrontation with the reality and repercussions of being a child of incest and molestation. In *Living for Today*, Erin chronicles how she cultivated the strength to face her abuser and eventually found relief from years of emotional restlessness, while also igniting the beginnings of a new fearless journey. *Living for Today* chronicles that journey, which began with the unearthing of private shame, releasing of ugly memories, letting go of guilt, and becoming the mouthpiece of millions of her generation. In *Living for Today*, anyone who has felt victimized, ashamed, isolated, and silenced by their abusers will receive a roadmap for self-discovery, forgiveness, and empowerment. With real compassion and wisdom, this book can help readers overcome trauma and live fully and fearlessly for today."

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