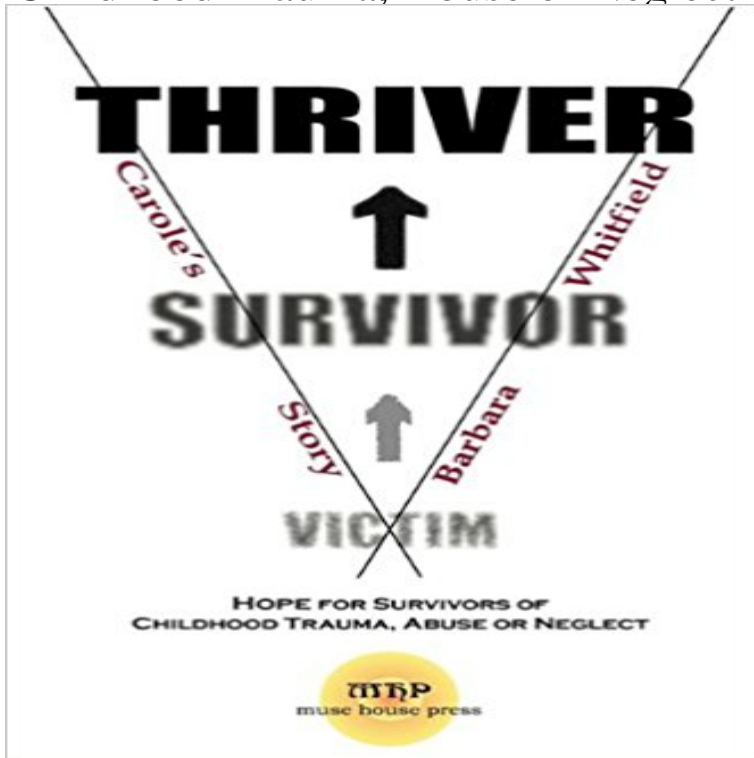


Victim To Survivor and Thriver: Caroles Story- Hope for Survivors of Childhood Trauma, Abuse or Neglect



Victim To Survivor and Thriver: Caroles Story Hope for survivors of childhood trauma, abuse or neglect. By Barbara Harris Whitfield Carole was a victim of repeated child abuse. Her story demonstrates the deep healing that is possible with knowledge, the courage to face buried pain, and the love of safe others. Her riveting true story is intertwined with my life and that of my husband Charles Whitfield, MD (author of the bestselling *Healing the Child Within*). This is our story, too, of walking together with Carole along her path of recovery. As you read, you will learn how Carole transformed her suffering and loss, a less-than life-- into joy for living and even serenity. This is not a fictional account, nor has it been scrubbed clean of the horrors of living with childhood abuse and neglect. In fact, Caroles story contains a depth of sadness that only the adults that were repeatedly abused as children may understand. Carole broke through --awoke-- to find joy and laughter mixed with the tears of her realizations and she turned them into strength, hope, confidence and finally peace. This story of triumph over abuse is for all victims and those who care for them; clinicians as well as loved ones. This story demonstrates that: 1) When we think of ourselves as victims we believe we are depressed. 2) When we enter into our own healing process, we become survivors and experience the bittersweet movement of our emotional pain. 3) Finally, with the support of safe others --we become Thrivers and live without fear. We become fully awake and alive. We discover who we really are and we find serenity. In this story I share my experiences and research into Near-Death Experiences. Charles Whitfield brings to bear his knowledge and experience with healing childhood trauma. And then the reader can witness Carole sopping up our knowledge and love like a sponge. So may

you. Quotes from Caroles Story: The thunderstorms are just as beautiful as a sunny day. And so is life! Caroles story is beautiful and contains thunderstorms and sunny days --and they are all framed with the courage and love we shared! This book includes the latest research from the Centers for Disease Control on the Adverse Childhood Experience (ACE) Study. It was reviewed by former victims who have experienced the movement of survivorship and then the transcendence to Thrivership. If you or someone you know has gone through repeated abuse or trauma of any kind, then this powerful story may bring what you have longed for -- a way to heal, a way out of suffering, and the knowledge that you are not alone.
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