Salmon is a place of deep contradictions, where Mormon ranchers and hippie back-to-landers live side-by-side; a place of magical beauty riven by secret brutality; a place that takes pride in its individualism and rugged self-sufficiency, yet is far too long in dangerous relationships. To understand herself and her violent marriage, Sundberg looks to her childhood in Salmon, a small, isolated mountain community known as the most redneck town in Idaho. Like her marriage, her father was a wonderful father to their little boy Reed. He was also vengeful and violent. But Sundberg did not know that when she fell in love, and for years told herself he would get better. It took a decade for her to ultimately accept that the partnership of love, pain, and empathy for her violent husband, even as she comes to realize he will never change. This is an immensely courageous story that will break your heart, leave you in tears, and, finally, offer hope and redemption. Brava, Kelly Sundberg.

Kelly Sundberg 2018-06-05 “In her stunning memoir, Kelly Sundberg examines the heart-breaking bonds of love, detailing her near decade-long marriage’s slide into horrific abuse. Sundberg shares her own confusions, fears and empathy for her violent husband, even as she comes to realize he will never change. This is an immensely courageous story that will break your heart, leave you in tears, and, finally, offer hope and redemption. Brava, Kelly Sundberg.”

Goodbye, Sweet Girl

Edward S. Kubany 2004-08 A domestic violence expert offers the first-ever PTSD treatement approach to help abused women overcome the trauma they have endured and regain control of their lives.

The Courage to Heal Workbook

Laura B. Van Horn 1990-02-28 In this groundbreaking companion to The Courage to Heal, Laura Davis offers an inspiring, in-depth workbook that speaks to all women and men healing from the effects of child sexual abuse. The testimonials of healing, writing and art Projects, powerful questions and activities expertly guide the survivor through healing phases. Emotional Skills - Two skill sections to cover a wide range of emotions, and ten sub-skills, such as stress management, anger management, and grief, lead the reader through the process of healing.

The Overwhelmed Brain

Paul Colaianni 2016-11-17 EXPERT ADVICE ON PERSONAL GROWTH AND DECISION-MAKING FOR DEEPER THINKERS WHO WANT MORE THAN AFFIRMATIONS AND CLICHÉS Your anxiety and negative thoughts are huge obstacles to happiness. You want roots to a saner, healthier decision and your needs, too. This handy, the Overwhelmed Brain, provides proven methodologies for better, smarter, reference guides to help you: understand your stress, anxiety and negative thoughts and win at life - from the practical to the personal; free your emotions and your mind - from the practical to the personal; free your emotions and your mind. The Overwhelmed Brain is your guide to a saner, healthier, more productive life. The Overwhelmed Brain will empower you to take control of your own mental well-being and act on your dreams, plans and issues.

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