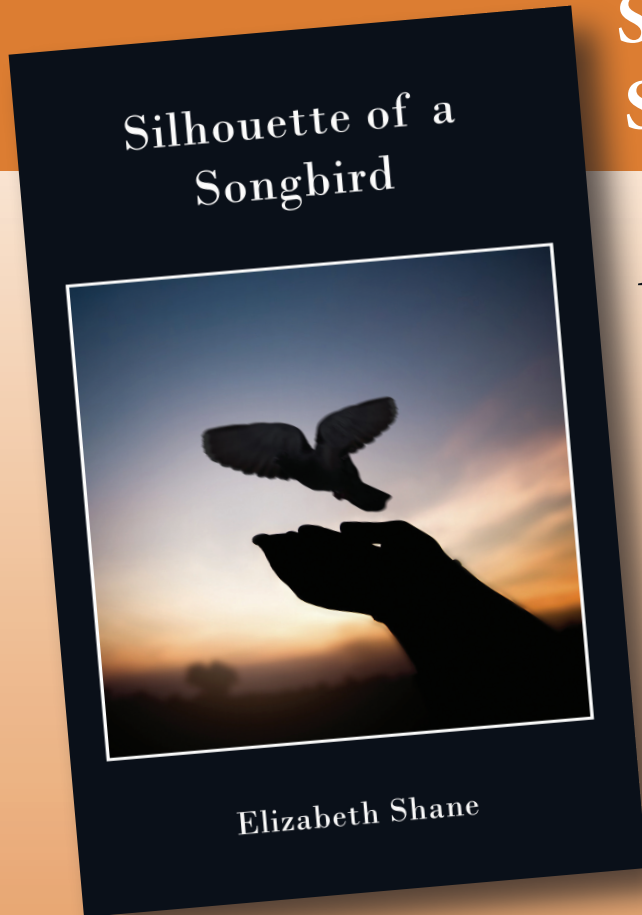


Silhouette of a Songbird

By
Elizabeth Shane

A journey of recovery and restoration from the traumatic effects of childhood sexual abuse, through the power of poetry.



Order your copy today

Amazon.co.uk - Amazon.com - Barnes & Noble.com

Elizabeth is a survivor of childhood sexual abuse. The traumatic effects of this left many emotional scars as well as complex PTSD, in a life often hidden by silence. Throughout different stages of her recovery, Silhouette of a Songbird witnesses Elizabeth's personal struggle on her journey to unlock the pain of reclaiming her voice through the power of poetry. By sharing her own experience, she hopes this will provide support and strength to others who have suffered similar childhood trauma, with the knowledge that they are understood and not walking through the storm alone.