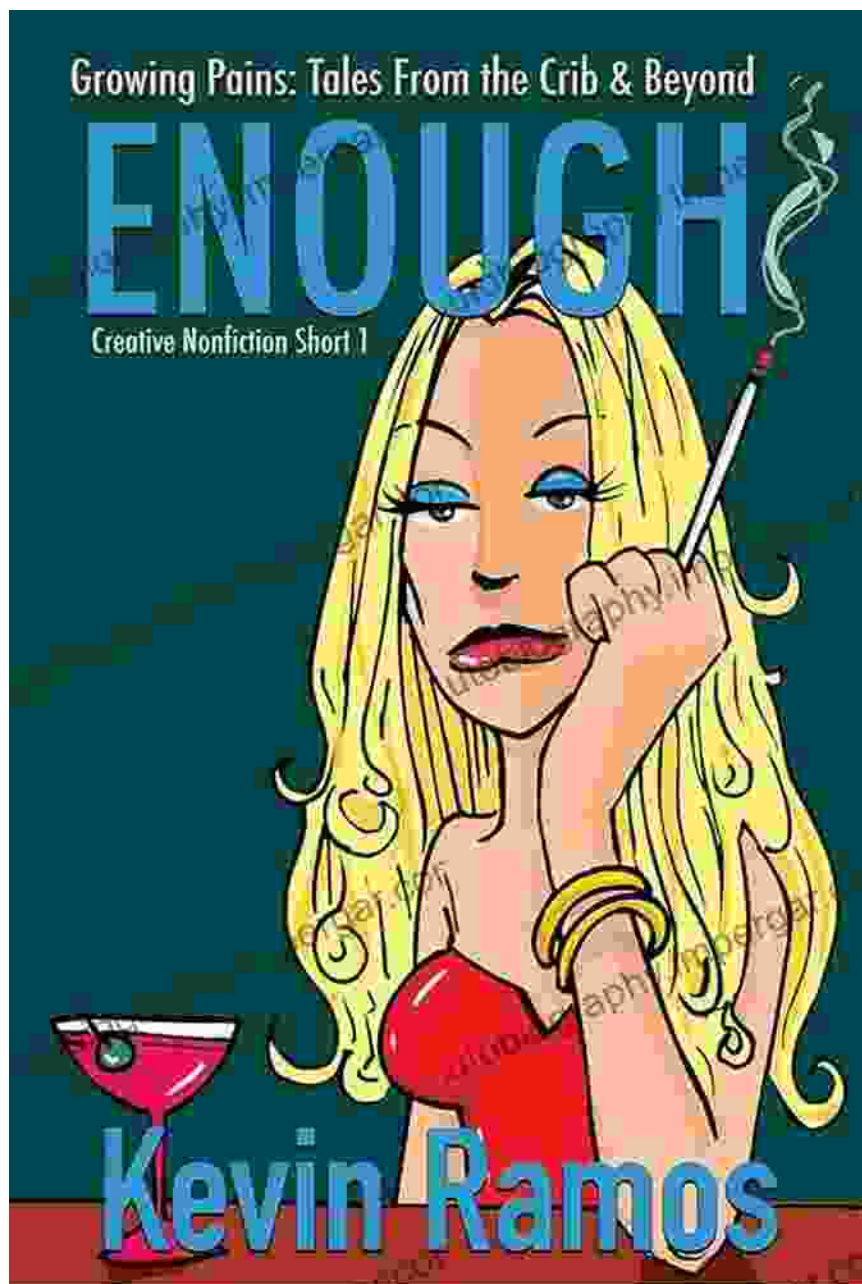


# Imprinted From The Crib And Beyond Growing Pains: A Journey of Discovery and Healing



Imprinted: From the Crib and Beyond (Growing Pains

Book 3) by Andrea Eschen

★★★★☆ 4.8 out of 5

Language : English



File size	: 2041 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 24 pages
Lending	: Enabled



In her powerful and moving memoir, *Imprinted From The Crib And Beyond Growing Pains*, Sarah shares her personal story of overcoming childhood trauma and the path to healing. With raw and honest storytelling, Sarah delves into the complexities of trauma, its impact on her life, and the transformative power of therapy and self-discovery.

Sarah's journey begins in childhood, where she experienced abuse and neglect at the hands of her parents. These early experiences left her with deep emotional scars and a sense of worthlessness. As she grew older, Sarah struggled with depression, anxiety, and self-harm. She felt lost and alone, unable to escape the pain of her past.

In her early twenties, Sarah began therapy and embarked on a journey of self-discovery. Through therapy, she began to understand the impact of her childhood trauma and to develop coping mechanisms for dealing with her emotions. She also learned the importance of self-compassion and forgiveness.

*Imprinted From The Crib And Beyond Growing Pains* is a powerful and inspiring story of hope and healing. Sarah's journey is a testament to the strength of the human spirit and the power of therapy to transform lives.

Her story will resonate with anyone who has been affected by childhood trauma, as well as for those who want to better understand the impact of trauma on individuals and families.

## About the Author

Sarah is a writer, speaker, and advocate for survivors of childhood trauma. She is the founder of the Imprinted From The Crib Foundation, a non-profit organization that provides support and resources to survivors of childhood trauma. Sarah is passionate about sharing her story and helping others to heal from the effects of trauma.

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