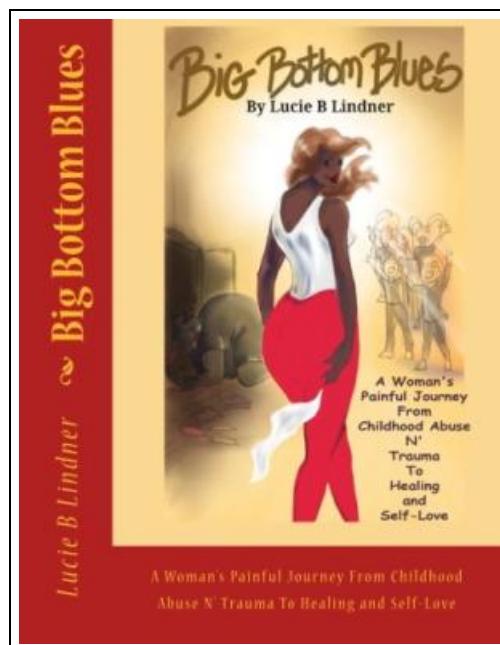


## Big Bottom Blues: A Woman's Painful Journey from Childhood Abuse N Trauma to Healing and Self-Love (Paperback)



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### Reviews

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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.BIG BOTTOM BLUES is a gripping and emotional story about a woman s traumatic childhood riddled with sexual and physical abuse and its devastating effects in her adult life. Lucie B takes us through the pain of body dysmorphia, isolation, addiction to food, binge eating disorder, shame, guilt and self-loathing that tormented her long after the abuse stopped. She tells her story from the heart, allowing readers to emotionally connect to her world of pain and tribulation. This is a raw and unnerving story that hits the nerve of every woman who has been sexually abused, particularly by the hands of a family member. This emotionally vulnerable book helps survivor step through their Ring of Fire to stand strong with renewal and the conviction to forge forward. Big Bottom Blues is more than just a book about healing from childhood rape: it is a story that inspires and empowers women to flip the script on their trauma and turn it into success!.

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