



# The Rescued Soul: The Writing Journey for the Healing of Incest and Family Betrayal

*Christina Enevoldsen*

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**There is no greater isolation a child can suffer than that of incest.**

Without healing, that sense of isolation follows the survivor into adulthood. Abuse sabotages the relationship with yourself and every other relationship in your life.

- Do you feel as though you don't belong?
- Do you work for validation but feel unworthy of it?
- Are you in abusive relationships with yourself?
- Do you fear emotional intimacy?
- Do you crave deep connections but always feel alone?

Enevoldsen's inspiring message is that you don't have to live with the effects of sexual abuse. Combining candid personal stories with action steps to heal, Enevoldsen uses the tool of writing to show you how to move through your pain of abandonment and betrayal to heal your life.

**The Rescued Soul:**

- Healing guide
- Workbook
- 365 day journal with healing insights for encouragement, inspiration and hope

Here's what others are saying:

*"In The Rescued Soul, Christina Enevoldsen shares her extensive comprehension of what it means to face and overcome sexual abuse, gently guiding the reader through the process of reconnection on the journey back to self. A wonderful resource on the healing journey!"* Darlene Ouimet author of *Emerging from Broken: The Beginning of Hope for Emotional Healing*

*"Christina Enevoldsen will take you into the depths of what healing from abuse truly requires. If you are brave enough to take this journey with her, I am certain you will emerge more alive and whole than you ever imagined possible. I know what her writing has done for my life, and I invite you to allow that level of transformation into your own as well."* Kylie Slavik, Survivor & Author of *Recovering the Spirit from Sexual Trauma*

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### **From reader reviews:**

#### **Carla Smith:**

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#### **Stephen Harvey:**

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