



I KNOW NOW...IT WAS ALL FOR GOOD- Learning that nothing just happens

L.B. KELLE

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Sexually abused at the tender age of seven by a relative, the author's life was subsequently plagued by shame and self loathing—a state of being that set her on a devastating path of self destruction. Despite a privileged upbringing, and outward appearance of confidence and success, her life was internally dark as she carried the secret of her abuse for over thirty years.

A full blown alcoholic by the age of eighteen; bad decisions and reckless behaviour would plague her on her journey into adulthood. After a tumultuous eight year relationship left her emotionally and financially ruined, the thoughts of suicide that she had battled for years, seemed like her last effort to escape a life that she felt was no longer worth living.

An eye opening near death experience would eventually place her on the path of redemption and healing. The choice to seek therapy would finally bring her to the realisation that her abuse had been the greatest gift of her life.



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