



Breathe: Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse

Nicole Braddock Bromley

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A least one out of every three women and one out of every six men have experienced some form of sexual abuse. Regardless of the circumstances of the violation, every survivor can attest that it will impact relationships with parents, friends, spouses, children, and God. Sexual abuse survivors are often left feeling isolated and without anyone to trust. But it does not have to be this way.

Nicole Braddock Bromley understands the fears and anxieties victims face as they seek to build healthy relationships after sexual abuse. As a survivor herself, Nicole offers readers the power and hope necessary to share their story, build intimacy, and develop healthy communication in all their relationships.

Breathe also serves as a helpful tool for those in relationship with an abuse survivor by providing guidance, confidence, and encouragement as they seek to help and support.

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