

TABLE OF CONTENTS

Foreword	ix
Preface	xvii
Introduction	1
Trauma, Unhealthy Survivorship, and Healing	
Part 1 THE NEED TO HEAL	9
Chapter 1	11
Surviving Life	
Chapter 2	31
Uncovering Truths	
Chapter 3	51
Acknowledging Walls	
Part 2 HOPE	79
Chapter 4	83
Losing Optimism	
Chapter 5	91
Reigniting Resolve	
Part 3 EVOLVE	103
Chapter 6	107
Exploring Healing Tools	
Chapter 7	135
Engaging in Self-Discovery	

Chapter 8	175
Learning to Mirror	
Chapter 9	181
Reframing the Hardest Parts	
Part 4 LOVE	193
Chapter 10.	203
Fostering Self-Love	
Chapter 11	207
Addressing Hurtful Relationships	
Chapter 12.	231
Embracing Healthy Relationships	
Part 5 TOOLS TO HEAL	239
Conclusion.	257
Helping Us Heal	
Epilogue	263
Acknowledgments	271
About the Author.	277
Join the Empowered Survivors Community	279
Bring Beth to Your Support Team	281
Bring Beth to Your Stage.	283