



FREEDOM FROM SHAME

Trauma, Forgiveness, and Healing from Sexual Abuse

Leila Reyes, MSW



BOOK DESCRIPTION:

Freedom from Shame directly addresses survivors of childhood sexual abuse, offering them a guide for healing and transformation. It also serves as a resource for mental health professionals and offers insights for those who have caused harm. Leila Reyes shares the inspiring story of healing and reconciliation with her father, advocating for restorative justice and healing for all involved. The book's main messages emphasize that everyone can heal, providing psycho-education as a map for freeing oneself from the impacts of early abuse.

WHAT SETS THIS BOOK APART:

Leila's unique perspective on advocating for restorative justice and including the healing of those who caused harm sets her work apart. Her personal story of transforming a traumatic relationship into one of friendship and respect offers a radically restorative message.

PURCHASE:

Available at Amazon, local bookstores, or directly from the author.

Price: \$24.95

ISBN: 978-1-961347-45-8

Publication Date: April 11, 2024

Publisher: Gracepoint Publishing

ABOUT THE AUTHOR:

Leila Reyes is a distinguished coach with over 20 years of experience specializing in the journey from shame and trauma to living whole-hearted lives. Her own profound journey of healing and transformation, from being sexually abused by her father to fostering a relationship of deep friendship and mutual respect, underpins her professional ethos. Leila holds a Master's degree in social work, is a graduate of The Hakomi Method, and holds certifications in several relationship modalities.

ENDORSEMENTS:

Its radically restorative message...brings the bright light of healing and love...

–Katherine Woodward Thomas

A proven pathway to free yourself from the limitations of abuse...

– Marci Shimoff

...Redefine what it means to live a life unburdened by the past...

– Lisa Garr

A portal to a future where you can unapologetically unleash your magnificence upon the world...

– Dr. Sue Morter

...step into healthy interactions with...all relationships.

– John Gray

PODCAST:

Courageous Conversations Podcast: <https://bbsradio.com/courageousconversations>

The Aware Show: Lisa Garr Interview (available in May)

CONTACT LEILA directly for interviews or to hire her to speak at your next event.

CONTACT INFORMATION:



Website: www.leilareyes.com



Email: MyCoachingWorks@gmail.com



Facebook: <https://www.facebook.com/CoachLeila/>



LinkedIn: <https://www.linkedin.com/in/leilareyes/>