



Wisdom Within: Journey of an Empowered Woman

L H Owens

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Social taboos and 'tough love' mentality remain the greatest obstacles in mental health recovery. Depression and anxiety are misdiagnosed as a 'disease' and trauma survivors stigmatized as 'broken' or 'damaged'. LH Owens breaks down those barriers by shamelessly speaking out about her 15 year battle with depression and anxiety. She bravely shares her survival story, revealing traumatic memories of rape and brutal violence. *Wisdom Within: Journey of an Empowered Woman* is emotionally confrontational and thought provoking; written with courage, sassiness and heartbreaking honesty. The author fiercely encourages women to break free from social stigma; to speak out about their battles with mental health and trauma. Included in the book are a 9 Steps Recovery Guide and Personal Rituals incorporating self-empowerment and effective psychological self-help techniques which the author successfully used to overcome her mental health challenges. Also included are the inspirational stories of fourteen brave women who battled with depression, anxiety and are trauma survivors; who redefine what it means to be an empowered woman. "creating this book has been a gigantic leap of faith, believing in myself and trusting the journey was both exhilarating and intimidating. It has been a very empowering experience and I have vowed to myself to never again be silenced by fear. "

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