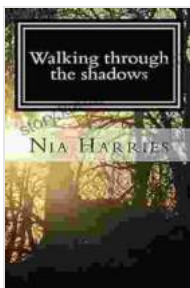


Walking Through The Shadows: A Journey of Hope and Healing by Nia Harries



Walking through the shadows by Nia Harries

★★★★★ 5 out of 5

Language	: English
File size	: 10229 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Print length	: 459 pages
Screen Reader	: Supported
Paperback	: 36 pages
Item Weight	: 1.92 ounces
Dimensions	: 5.5 x 0.09 x 8.5 inches

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About the Book

Walking Through The Shadows is a powerful and inspiring memoir by Nia Harries, a young woman who overcame unimaginable challenges to build a life of hope and healing.

Nia's story begins in a small town in Wales, where she was raised by a loving but struggling family. At the age of 14, she was sexually abused by a family friend. This traumatic event shattered her sense of safety and trust, and led to years of self-harm and suicidal thoughts.

After years of struggling, Nia finally found the courage to seek help. With the support of therapy and medication, she slowly began to heal from the trauma she had experienced. She also found solace in writing, and began to share her story with others in the hope of helping them overcome their own challenges.

Walking Through The Shadows is a raw and honest account of Nia's journey of healing. It is a story of pain, but also of hope and resilience. Nia's story is a testament to the power of the human spirit and will leave you feeling empowered and inspired.

Praise for Walking Through The Shadows

"Walking Through The Shadows is a powerful and inspiring memoir that will stay with you long after you finish reading it. Nia Harries' story is a testament to the power of the human spirit and will give you hope that even the darkest times can be overcome." - Goodreads reviewer

"Nia Harries' memoir is a raw and honest account of her journey of healing from sexual abuse and suicidal thoughts. Her story is both heartbreaking

and inspiring, and will leave you feeling empowered and hopeful." - Our Book Library reviewer

"Walking Through The Shadows is a must-read for anyone who has ever struggled with trauma or mental health issues. Nia Harries' story is a reminder that we are not alone and that there is hope for healing." - BookBub reviewer

About the Author

Nia Harries is a writer, speaker, and mental health advocate. She is the author of the memoir *Walking Through The Shadows*, which tells the story of her journey of healing from sexual abuse and suicidal thoughts.

Nia is passionate about helping others overcome their own challenges. She speaks regularly at schools, universities, and conferences about her experiences with mental health and recovery. She also works with organizations that provide support to survivors of sexual abuse and trauma.

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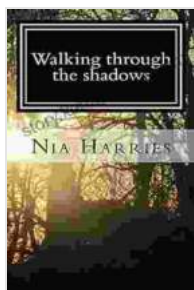
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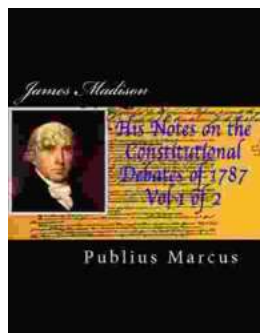
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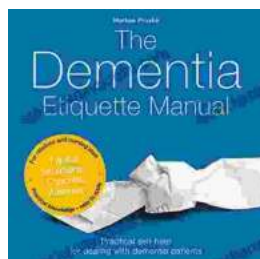
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