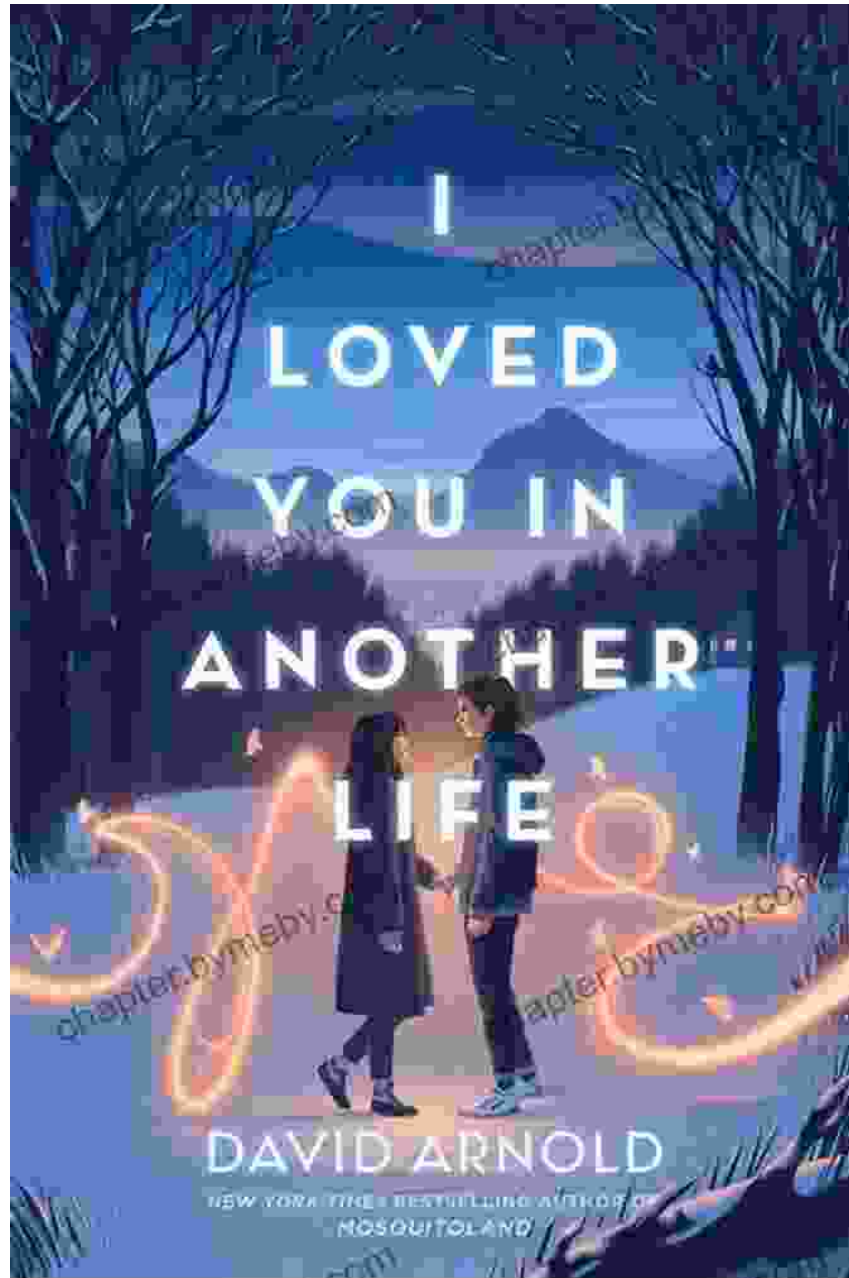


Oh How Loved You Are: A Journey of Hope and Healing



In her powerful and moving memoir, *Oh How Loved You Are*, Sarah J. Robinson shares her personal journey of overcoming trauma and finding hope and healing. Through her raw and honest account, she shows

readers that they are not alone in their struggles and that there is always hope for a better future.

Robinson's story begins with a traumatic childhood. She was sexually abused by her stepfather, and she struggled with the effects of this abuse for many years. She also experienced bullying and rejection from her peers, which made her feel isolated and alone.



Oh, How Loved You Are: A Keepsake Gift Book for Mother and New Baby by Melanie Hawkins

★ ★ ★ ★ ☆ 4.8 out of 5

Language : English

File size : 12937 KB

Print length : 157 pages

Lending : Enabled

Screen Reader : Supported



As Robinson grew older, she turned to drugs and alcohol to numb her pain. She also engaged in self-harm, and she even attempted suicide. However, through the love and support of her family and friends, Robinson was able to get the help she needed to start healing.

In *Oh How Loved You Are*, Robinson shares her story with raw honesty. She does not shy away from the difficult details of her past, but she also shows how she was able to overcome her trauma and find healing. Her story is a powerful reminder that even in the darkest of times, there is always hope.

Robinson's book is not only a memoir, but it is also a self-help guide. She offers practical advice on how to overcome trauma and find healing. She also provides resources for readers who are struggling with trauma, including information on therapy, support groups, and crisis hotlines.

Oh How Loved You Are is a must-read for anyone who has experienced trauma. It is a powerful and moving story of hope and healing, and it offers practical advice on how to overcome trauma and find healing.

Praise for *Oh How Loved You Are*

"*Oh How Loved You Are* is a powerful and moving memoir that will resonate with anyone who has experienced trauma. Sarah J. Robinson's raw and honest account of her journey of overcoming trauma and finding hope and healing is a testament to the human spirit's resilience. Her story is a reminder that we are not alone in our struggles and that there is always hope for a better future." - **Dr. Bessel van der Kolk, author of *The Body Keeps the Score***

"Sarah J. Robinson's *Oh How Loved You Are* is a gift to anyone who has ever struggled with trauma. Her story is both heartbreaking and inspiring, and it offers a powerful message of hope and healing. Robinson's writing is raw and honest, and she does not shy away from the difficult details of her past. However, she also shows how she was able to overcome her trauma and find healing, and her story is a testament to the human spirit's resilience." - **Lori Gottlieb, author of *Maybe You Should Talk to Someone***

"*Oh How Loved You Are* is a must-read for anyone who has experienced trauma. Sarah J. Robinson's powerful and moving memoir is a testament to

the human spirit's ability to heal and overcome adversity. Robinson's writing is raw and honest, and she does not shy away from the difficult details of her past. However, she also shows how she was able to find hope and healing, and her story is a reminder that we are not alone in our struggles."

- **Tarana Burke, founder of the #MeToo movement**

About the Author

Sarah J. Robinson is a writer, speaker, and advocate for survivors of trauma. She is the author of the memoir *Oh How Loved You Are*, which was published in 2023. Robinson has spoken about her experiences at conferences and events around the country, and she has been featured in numerous media outlets, including The New York Times, The Washington Post, and NPR.

Robinson is a passionate advocate for survivors of trauma, and she is committed to helping others find hope and healing. She is the founder of the nonprofit organization The Loved You Are Project, which provides support and resources to survivors of trauma.

Free Download Your Copy of *Oh How Loved You Are* Today!

Oh How Loved You Are is available now in hardcover, paperback, and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your local bookstore.

If you have been affected by trauma, please know that you are not alone. There is hope and healing available to you. Please reach out to a trusted friend or family member, or contact a mental health professional for help.



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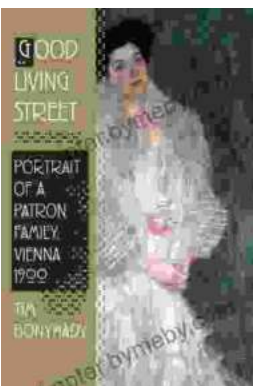
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