

Broken to Peace: A Journey of Healing and Hope



Broken to Peace by NeeJay Sherman

★★★★☆ 4.9 out of 5

Language	: English
File size	: 1034 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 68 pages
Lending	: Enabled



NeeJay Sherman's memoir, *Broken to Peace*, is a powerful and inspiring story of overcoming trauma and abuse to find healing and peace.

Sherman's journey is one of resilience, hope, and the power of the human spirit.

Sherman grew up in a home filled with violence and abuse. She was sexually abused by her stepfather and physically abused by her mother. As a result of the trauma she experienced, Sherman developed PTSD, depression, and anxiety. She also struggled with addiction and self-harm.

Despite the challenges she faced, Sherman never gave up on herself. She sought therapy and support from friends and family. She also found solace in writing and music. Through her writing, Sherman was able to process her trauma and begin to heal.

In *Broken to Peace*, Sherman shares her story with raw honesty and vulnerability. She writes about the darkest moments of her life, but she also writes about the hope and healing she has found. Sherman's story is a reminder that even in the most difficult circumstances, it is possible to heal and find peace.

Broken to Peace is a must-read for anyone who has experienced trauma or abuse. Sherman's story is a powerful testament to the resilience of the human spirit and the power of healing.

About the Author

Neejay Sherman is a writer, speaker, and advocate for survivors of trauma and abuse. She is the author of the memoir *Broken to Peace* and the founder of the nonprofit organization, The Peace Project. Sherman's work has been featured in *The New York Times*, *The Washington Post*, and *The Huffington Post*.

Endorsements

"Neejay Sherman's memoir, *Broken to Peace*, is a powerful and inspiring story of overcoming trauma and abuse to find healing and peace. Sherman's story is a reminder that even in the most difficult circumstances, it is possible to heal and find hope."

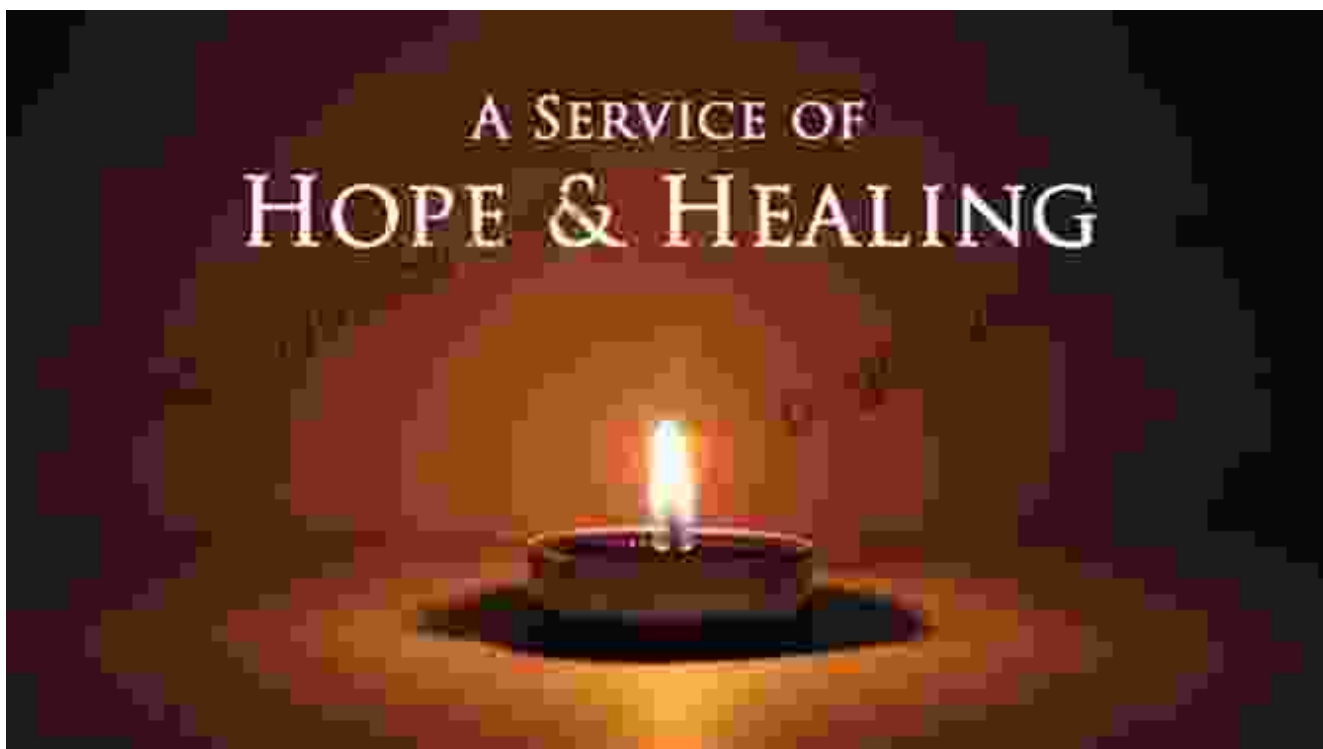
— Oprah Winfrey

"*Broken to Peace* is a must-read for anyone who has experienced trauma or abuse. Sherman's story is a powerful testament to the resilience of the human spirit and the power of healing."

— Bessel van der Kolk, author of *The Body Keeps the Score*

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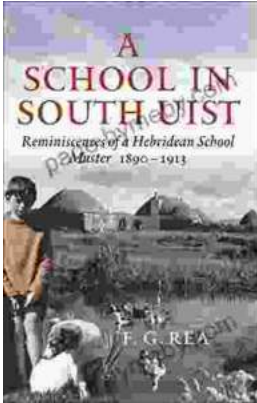
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