



Secrets Within

Nadine Rhymer

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I decided to write this book so that I could help those who survived from abuse. There is something that changes in you after that fact. Some carry the burden around their entire lives, never experiencing quality relationships nor quality life-loving themselves. I started writing this fourteen years ago after a horrible breakup that took a toll on me and sent me into a deep depression that took some time to overcome. When I finally recovered from the heartache, I moved forward and put my book down till the last year I picked it back up. Going through another hard heartbreak that just about destroyed me, instead of allowing that to happen, I asked God to come into my life and turn this experience and all my life into something to inspire those who may feel they can't. "Cause if I can, they can" is my new motto.

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