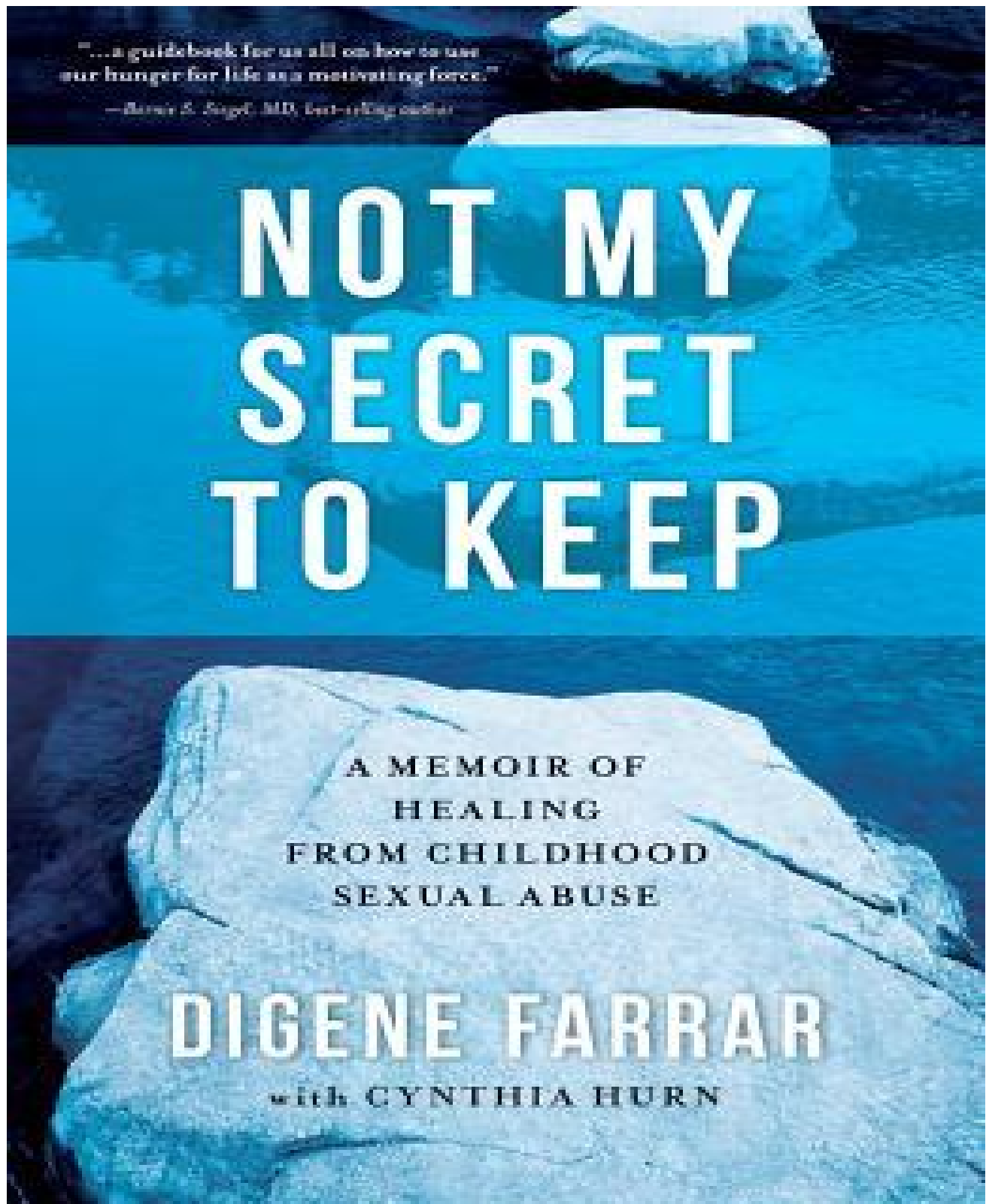
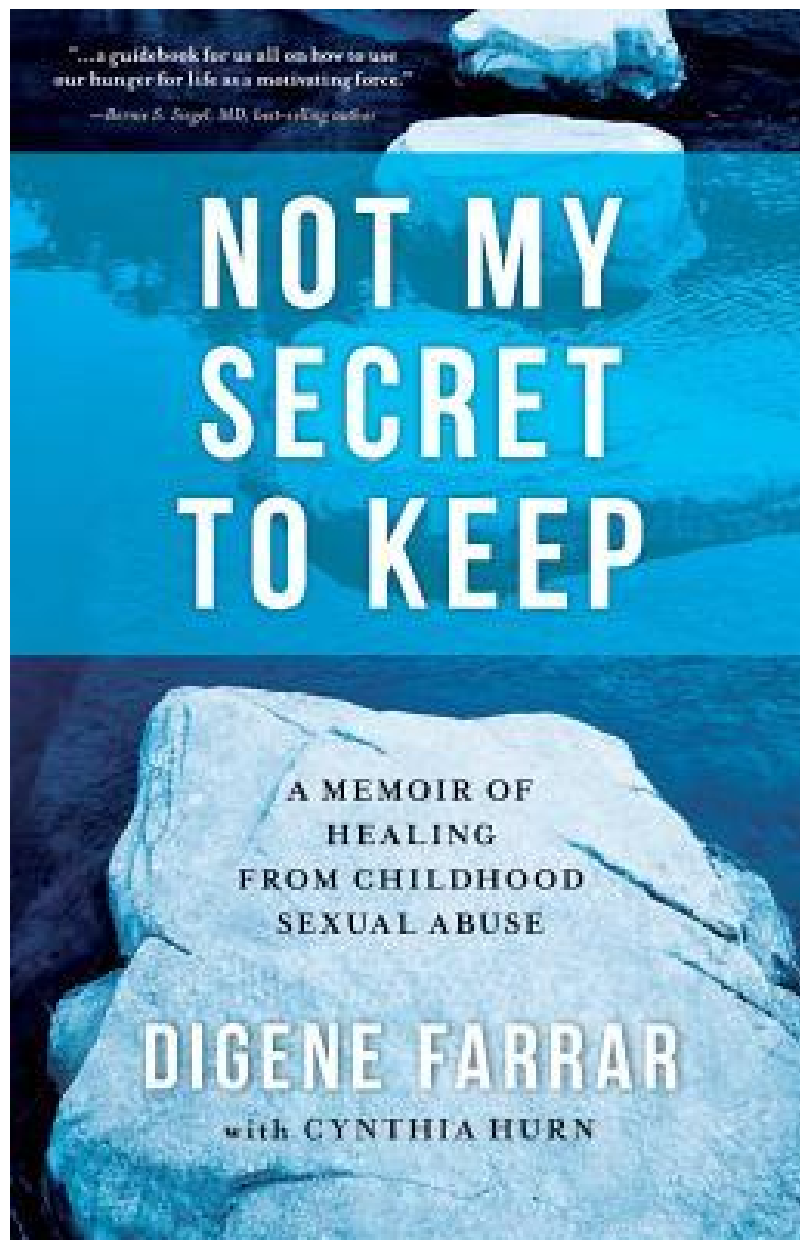


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**Not My Secret to Keep: A Memoir of Healing from Childhood Sexual Abuse  
by Digene Farrar**



## Synopsis:=====

DIGENE FARRAR was in New York City, launching the modeling career she'd always dreamed of. The morning of September 11, 2001, she was two blocks away when the first jet crashed into the World Trade Center. Her instincts as a registered nurse led her to the scene to help, and she was there when the second jet hit. In a blink, trauma reactivated the secret trauma buried deep...of childhood sexual abuse. "Not My Secret to Keep" is a stirring step-by-step account of self discovery, healing, and transformation. You observe up close how she suffered from PTSD and dealt with physical and emotional injury. You listen in on her deep inner work with therapists in her quest to heal. "Not My Secret to Keep" is a practical book that can be utilized by survivors, their families, friends and anyone working in professions who care for those suffering from the trauma of childhood sexual abuse.

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