

# Girl Made of Glass: Shelby Leigh, a Gripping and Heart-Wrenching Tale of Resilience Amidst Trauma



**Girl Made of Glass** by Shelby Leigh

★★★★★ 5 out of 5

Language : English

File size : 563 KB

Text-to-Speech : Enabled

Screen Reader : Supported

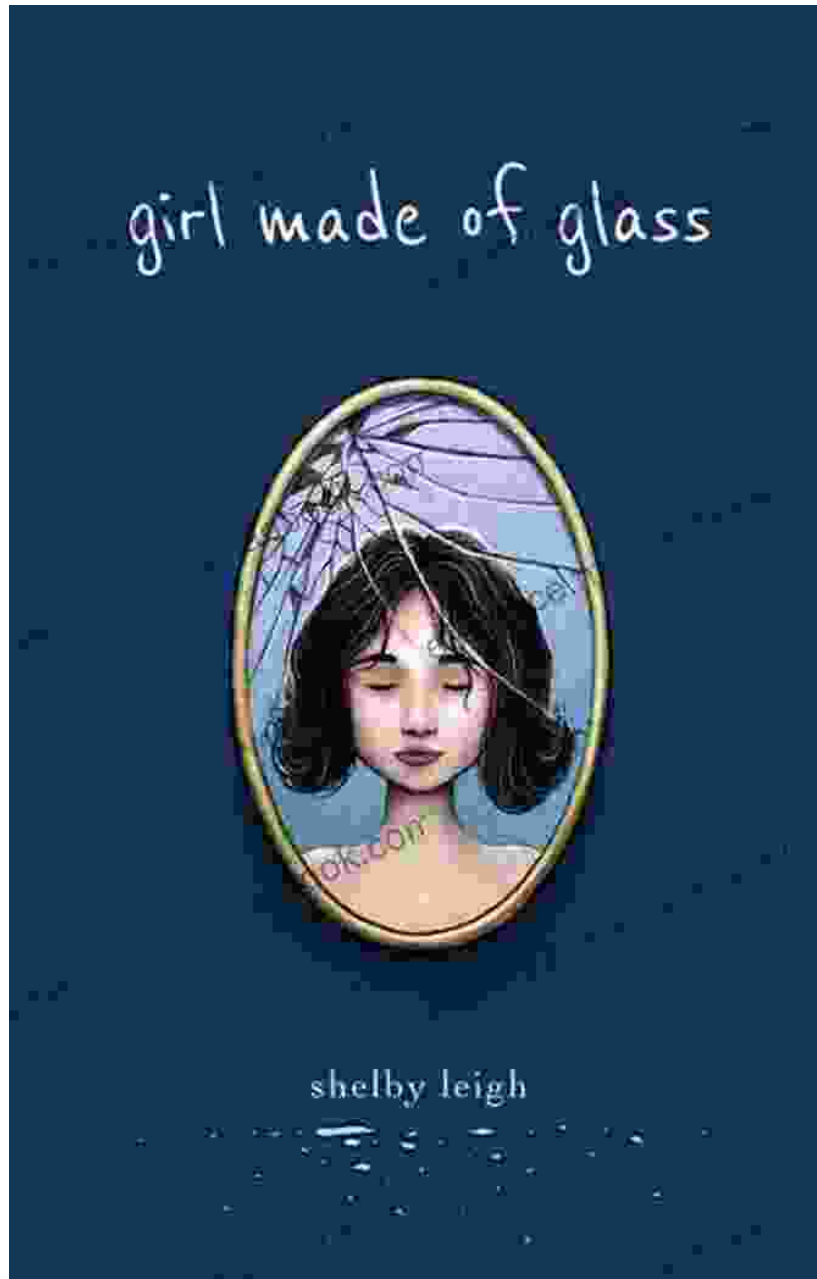
Print length : 176 pages

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### **A Shattered Heart, a Resilient Spirit**

In the pages of "Girl Made of Glass," Shelby Leigh embarks on a raw and unflinching exploration of her journey through the aftermath of childhood abuse and trauma. Through her powerful and evocative prose, she paints a vivid portrait of her struggles with PTSD, dissociation, and self-harm,

offering a window into the complexities of healing and the indomitable power of the human spirit.

From the tender age of five, Shelby was subjected to horrific abuse at the hands of her stepfather. The memories of those traumatic events haunted her throughout her childhood and adolescence, leaving her feeling broken and lost. As she entered adulthood, she grappled with the devastating effects of PTSD, struggling to find solace and escape from her tormentors.

In a desperate attempt to cope with her pain, Shelby turned to self-harm, believing it was the only way to numb the emotional turmoil that consumed her. She became trapped in a cycle of self-destruction, spiraling deeper into despair with each passing day.

### **A Beacon of Hope Amidst the Darkness**

Just when Shelby felt like she had hit rock bottom, a glimmer of hope appeared in the form of therapy. With the support of a compassionate therapist, she began the arduous journey of confronting her past and addressing the wounds that had haunted her for so long.

Through the therapeutic process, Shelby slowly started to piece together the shattered fragments of her heart. She learned to recognize and challenge the negative thoughts and beliefs that had held her captive for so many years.

With each step forward, Shelby's resilience grew stronger. She discovered hidden reserves of strength within herself and began to believe that healing was possible, no matter how daunting the path may seem.

### **A Testament to the Unbreakable Spirit**

"Girl Made of Glass" is more than just a memoir; it is a testament to the resilience and healing potential of the human spirit. Shelby Leigh's journey is a reminder that even in the darkest of times, hope can prevail.

This book is an essential read for anyone who has experienced trauma, or for those who wish to gain a deeper understanding of the complexities of mental health. Shelby Leigh's raw and honest account offers a beacon of hope for those struggling with their own demons, showing that healing is possible with the right support and an unwavering belief in oneself.

### **Praise for "Girl Made of Glass"**

*"A powerful and unforgettable memoir that will stay with you long after you finish reading it." - Kirkus Reviews*

*"Shelby Leigh's story is a testament to the strength and resilience of the human spirit. This book is a must-read for anyone who has experienced trauma." - Publishers Weekly*

*"An inspiring and heartbreaking account of one woman's journey through trauma and recovery. Shelby Leigh's writing is both raw and poetic, and her story is sure to touch your heart." - Goodreads reviewer*

### **About the Author**

Shelby Leigh is an advocate for mental health awareness and a survivor of childhood abuse and trauma. She is passionate about sharing her story to help others who are struggling with similar issues. Shelby resides in California with her husband and their two children.

Learn more about Shelby Leigh and her work at [www.shelbyleigh.com](http://www.shelbyleigh.com).



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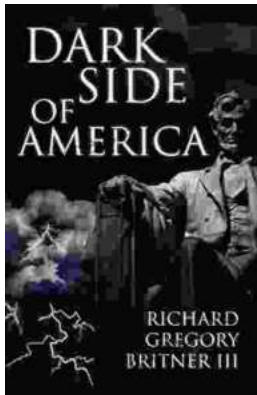
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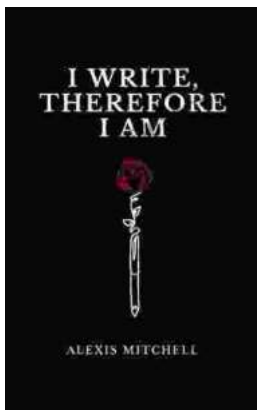
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