

"Shut Up ! She's (They're) talking..." explores journey of healing after sexual abuse

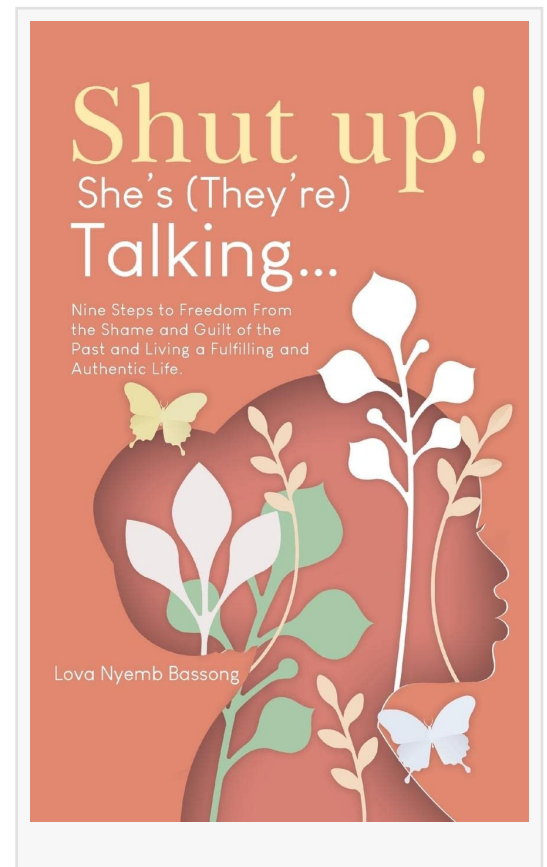
Lova Nyemb Bassong Shows Life Carries On After Surviving Abuse

CANADA, January 11, 2023 /EINPresswire.com/ -- In "Shut Up ! She's (They're) talking..." author Lova Nyemb Bassong shares her story, depicting how she survived sexual abuse and went through a healing journey. With this, she shows fellow survivors that life can still go on even after hurtful trauma, and that self-actualization is possible even after going through unspeakable ordeals.

Nyemb Bassong gives survivors a voice by breaking the silence and stigma that shrouds those who have endured sexual violence and abuse. This is the barrier that prevents them from raising awareness for their plight and exposing the schemes of the perpetrators. So by refusing to be silent and by sharing her experiences, Nyemb Bassong provokes the necessary conversation on this issue, so that fellow survivors will realize that they are not alone. This is also beneficial for those who are unaware of the subject as Nyemb Bassong's work will help give them a better understanding of the matter.

According to Nyemb Bassong, the healing process can only be achieved by taking action. Though faith played an essential role in her journey, Nyemb Bassong believes that survivors must refuse to let themselves down because only they can take the first step towards healing. No one else but themselves, will take them to inner peace. So survivors must be their own heroes and their own upholders. Nyemb Bassong shows her readers that they are not powerless, they can overcome their traumas and transform their lives.

"After having gone through my healing process, I realized that I was carrying a message; a message which is primarily addressed to all victims of sexual abuse, principally women and young girls. My message is: 'Break the silence! Don't let the abusers continue to perpetrate their heinous acts in secret while you languish in your corner. Don't let yourself down. You are one step away from your journey of healing.'" Nyemb Bassong says.



About the Author

Born and raised in Cameroon, Lova Nyemb Bassong is a writer, a French language teacher, motivational speaker and life coach. She has a master's degree in French language literature from the University of Victoria in British Columbia. Currently she is working on a doctoral thesis in Lettres Françaises with a specialization in creative writing at the University of Ottawa. Nyemb Bassong loves to help people, especially women, work on becoming the best version of themselves. Her life mission is to impact people's lives positively by encouraging them to share their inspirational life journeys.

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