

Gripping Memoir Exposes Dark Realities of Abuse, Mental Health, and the Foster System

Gripping memoir 'Breaking Free: A Journey of Resilience' describes the author's physical and sexual child abuse and her journey for normalcy

NAVARRE, FLORIDA, UNITED STATES, March 26, 2024 /EINPresswire.com/ -- Resilient author [CL Ball](#) reveals her first book, "[Breaking Free: A Journey of Resilience](#)," a captivating memoir shedding light on the haunting truths of child abuse, toxic nursing environments, mental health struggles, and the failures of the foster system. Drawing from her own life experiences, [Ball](#) delivers a raw and compelling narrative that transcends the boundaries of trauma and survival.

In "Breaking Free," Ball fearlessly confronts the demons of her past, chronicling her journey from childhood abuse and neglect to navigating toxic nursing education and work environments. Through unflinching honesty, she exposes the shortcomings of the foster system and the profound impact of public aid failures on vulnerable individuals.

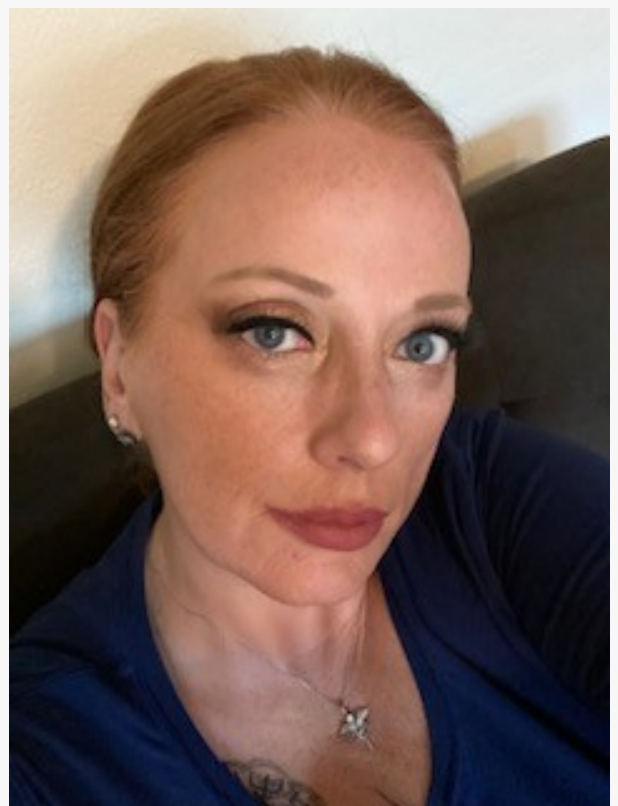
Amidst her struggles with mental health and PTSD, Ball offers readers a poignant reflection on resilience and the enduring strength of the human spirit. Her narrative serves as a beacon of hope, empowering survivors to reclaim their voices and embrace a future filled with healing and possibility.

“

Evil is unspectacular and
always human,
And shares our bed and
eats at our own table.”

W.H. Auden

"Breaking Free" is not just a memoir; it's a rallying cry for survivors everywhere," says Ball. "I hope that by sharing my story, I can inspire others to break free from the chains of their past and embark on a journey of self-discovery and empowerment."



CLBall BreakingFree: A Journey of Resilience

With the audiobook version currently in production, readers can immerse themselves in Ball's powerful narrative through multiple formats. "Breaking Free: A Journey of Resilience" is available on Amazon in eBook, paperback, and hardcover editions, offering a lifeline of support and inspiration to those in need.

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About the Author:

CL Ball is a resilient author and advocate dedicated to shedding light on issues of abuse, mental health, and systemic failures. Drawing from her own life experiences, she delivers powerful narratives that inspire and empower readers to break free from the chains of their past. "Breaking Free: A Journey of Resilience" is her first memoir, offering a raw and compelling exploration of survival, healing, and hope.

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