

# Leena Sarfraz's Published Book It's Time to Raise Your Voice Shares a Personal Story of Healing

CANADA, January 8, 2026 /EINPresswire.com/ -- [\[Link\]](#)  
[\[Link\]](#), by author Leena Sarfraz, has been published and is now reaching readers who are drawn to personal [stories of resilience](#), loss, and quiet strength. The book shares a lived journey shaped by trauma, migration, motherhood, and the long process of learning how to speak after years of silence.

Written in a simple and reflective voice, the book follows the author's life from a caring childhood into experiences that changed her sense of safety and belonging. Rather than focusing on drama or resolution, the story offers an honest account of endurance and gradual healing.

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Leena Sarfraz grew up in a close and loving family, where she felt protected and valued. That sense of safety was disrupted by trauma at a young age, followed by an early marriage and later migration to Canada. As a young immigrant and single mother, she faced poverty, emotional isolation, and the challenges of rebuilding life in a new country.

The memoir reflects on these experiences with clarity and restraint. It shows how silence became a way to survive, even as it slowly took a toll on the author's emotional and physical well-being.

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A central theme of the book is the cost of not speaking. The author writes about how years of holding pain inward affected her health, including her experience with fibromyalgia. The memoir explores the connection between trauma, stress, and the body, without making claims or offering medical conclusions.





the meaning of being heard.

Bracken Joseph's memoir, *Bracken Joseph's Story*, stands as a personal account of survival and the belief that healing can begin when stories are finally spoken.

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