



from Abuse to Abundance: Reboot Your Soul, Repair Your Heart, Rebirth into Prosperity

Jamila Battle

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Does it sometimes seem like your life is unreal? Perhaps it seems that your existence is more a nightmare than a dream. We never know about the private lives behind the façades people create for public consumption. Yet what shapes our lives is the raw, unvarnished, unstated, and camouflaged reality that defines our everyday existence. I grew up in such an illusion and suspected that my life was closer to the nightmare side than the dream. My dad was a recognized and renowned jazz musician. He played with and made records with the great musicians of the late twentieth century. Behind the mask of success and notoriety lurked a monster whom no one from the public would have recognized or believed existed. His own insecurity, fear, addictions, lies, and bad choices led him to be a violent abuser. Bars on the windows, secrets behind locked doors, terrors behind the mask of normalcy. I lived in a nightmare world and needed a way out. In the end, for me, there is a happy ending. What I didn't know was that, while I was able to escape the abusive situation, the abuse itself followed me. It sapped my joy and creativity. It wasn't until I fell into a hole of depression as a supposedly successful adult, a doctor, and the mother of three children that I realized there was a purpose to my pain. What did it take to crawl out of this hole? Join me as I take you on a journey of Reboot, Repair, Rebirth. Reboot your soul by breaking the silence, speaking your truth, and ending the isolation. Get to physical and emotional safety. Repair by getting help and consciously healing your mind, heart, and body. Conquer your demons and discover your inner light and resilience. Celebrate your Rebirth as a new, healing, wiser, loving, and centered being. Live intentionally and abundantly.

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