



## Held Close by an Angel

*Chrisanna Harrington*

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# **Held Close by an Angel**

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Did you experience trauma in your childhood? Do you feel distant from God? Do you sometimes think you are not worthy of his love? In Held Close by an Angel, 'Chrisanna Harrington courageously reveals portions of her own personal struggle of recovery and reconciliation to help you learn self-acceptance and take responsibility for your role in past relationships as well as future relationships. Chrisanna merges traditional mental health concepts with orthodox Christian values and introduces concepts of the Inner and Adult Child. She explains how abuse and trauma experienced during childhood can carry into the Adult Child's personality and social functioning by retaining feelings and beliefs experienced in childhood.' Stuart A. Stuthers MS, LMHC, NCC It can be a painful process for the adult survivor of childhood abuse to recognize and work through the long-term suffering that was experienced. Held Close by an Angel defines the characteristics of Adult Children and the steps to heal from the abuse suffered in childhood. Join Chrisanna as she helps you to understand what makes up a healthy relationship, and remember that God is with you at all times and is there to help you move forward through the pain experienced in this world.

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