



Looking Through the Mirror: An Inner Journey to Freedom from Childhood Abuse

Veronica Caddick

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Whilst many books have been written on the subject of childhood abuse, this is the first book to physically take abuse by the shoulders and shake the living daylights from its grip on the emotional and mental wellbeing of all who have grown-up trembling in its wake. There is a way to be free of all the inner chaos and confusion, terror and guilt and this is it – LOOKING THROUGH THE MIRROR takes the reader on an inner journey via workshops, travel advice and meditations, to the precise points in childlike awareness where development shifted in order to cope and where transformational power is still available, that inner freedom may come. Beginning at the very first step towards self-healing, this book never fails to inform and inspire as it reinstates self-positivity to its rightful core and lifts the heart to bask, at last, in the sunshine of unconditional self-love - for in order to be free of the past we must first understand it.

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