



# **A Bruised Reed He Shall Not Break: A Story of Conversion to Catholicism and Healing from Childhood Abuse**

*Catherine Elizabeth*

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At the tender age of four, author Catherine Elizabeth endured sexual abuse at the hands of her older brother. When she became older, her father physically abused her. The abuse finally stopped when she graduated from high school and started college, but Elizabeth still had to deal with the resulting mental anguish. Only the understanding that God loved her-bruises and all-enabled Elizabeth to rise above her pain and find healing. Raised in the Baptist tradition, she converted to Catholicism, a religion through which she found peace and serenity. Instead of labeling herself a victim or survivor of abuse, Elizabeth garners strength from the experiences that have shaped her life. Elizabeth does not label herself a victim or a survivor of abuse. Instead, her experiences have shaped her, inside and out. Motivated by her past, Elizabeth embarked on a career to help others who have faced similar situations. *A Bruised Reed He Shall Not Break* shares her courageous journey from emotional, physical, and sexual abuse to peace and recovery. It also includes a detailed bibliography of suggested readings that will increase your knowledge of how to break the cycle of abuse. With Elizabeth's simple, straightforward style, you'll find the strength to forge a new life, free from the restraints of your past.

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