

1. Record Nr.	UNINA9910162676903321
Autore	Pinckney Tonisha M
Titolo	"I Am More!" Surviving Survival
Pubbl/distr/stampa	Chicago : , : Total Publishing, , 2013 ©2013
ISBN	1-937829-70-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (108 pages)
Disciplina	158.1
Soggetti	Abuse Affirmations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Title page -- Copyright page -- Dedication page -- Contents -- Introduction -- Survival between the raindrops -- A Place and a Purpose! -- It's not Suicide, I'm Just Ending My Life -- Surviving Rape -- Domestic Violence, Intimate Partner Violence, Attempted Murder -- How Long Must I Sleep? -- My September 11, 2001 -- Not Again...Again! -- Why do victims stay? -- Examining the Church's Response to Domestic Violence -- Domestic Violence in Upscale Circles -- Victims Seek Justice -- Are You a Victim? -- A Victim Before His Birth? -- Mommy's Reality -- A Child Witness or a Victim? (Introduction) -- A Child Witness or a Victim? (Written by L. DaVante' Pinckney) -- Awakened By a Dream That Was Once a Reality! -- Life After Abuse: You are Important! -- It is Time to REmind! -- Escaping to the Future -- I Still Believe! -- Dear God, For Love -- I Am More Concerned -- "I LOVE him/her because he/she MAKES me happy!" -- A Mate Can Only Add To Your Happiness. He Or She Cannot Make You Happy! -- Is it really coincidence? -- A step to survival: Check your Mirrors! -- You are More Successful than You Think -- Accomplished Awareness -- Excellence Not Excuses! -- Look Behind the Mask -- Living a Life of Transparency -- The Responsibility of the African-American Dream -- The Power of Nothing! -- Call to Action: Resources for Active Awareness -- Not the Conclusion -- Post-Survival Affirmations -- References -- About the Author -- About the Book.

I realized if I could live through all that, then I most certainly could live on! I survived my own survival! That was my first step toward saying 'I AM MORE!' The second installment in the I AM MORE! series, this book tells a story of turbulence and triumph. In the moments after a traumatic event, one is often left feeling as if living on is impossible - as if survival is impossible. Surviving Survival allows the reader a glimpse into the life of a woman who reached that very moment several times over. One day she had an awakening - she already survived! She already lived the worst of it. Now, she had to survive survival. She had to learn how to live past the pain. This book deals intimately with the emotions attached to sexual assault, domestic violence, parenting a child with a diagnosed mental illness, single parenting, race, suicide, and of course survival. Her awakening combined with insight from other experts will inspire you on your own journey of surviving survival. A peep inside: "Transform your life now, and you will transform your future." "If you are using what you are going through as an excuse, then you are not using it as a testimony! If you are using your past as an excuse then you are not using it as a resource. If you are using what people have said to or about you as an excuse, then you are not using it as motivation. Surviving survival requires excellence not excuses!" "How do you survive a bully? You know who you are, and the power you hold! A bully's main mission is to make you surrender your power to them. They want you to surrender who you believe you are and embrace who they say you are... The survival I speak of is not limited to physical survival, but mental and emotional survival." "I knew I was created with a purpose. Unfortunately, I thought that purpose was pain. By not understanding my true purpose, I thought I was a defective product. When I launched the plan to combat the enemy that was me, I decided I needed to find out who I was before the pain."

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