



# Hush: Moving From Silence to Healing After Childhood Sexual Abuse

*Nicole Braddock Bromley*

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**Hush: Moving From Silence to Healing After Childhood Sexual Abuse** Nicole Braddock Bromley  
Childhood sexual abuse is running rampant, yet it's the best kept secret in our nation today. Its victims grow into adulthood with their little child's heart trapped in the pain and torment of their past. Nicole Braddock Bromley shares her own story and the steps to moving from silence to healing. *Hush* exposes the harsh realities of childhood abuse, explains the pain it causes, examines the false beliefs it creates, and empowers survivors to begin a personal journey toward healing by breaking the silence.

With words of understanding and comfort, Nicole tells the real-life stories of those whose voices would otherwise never be heard. She is straightforward enough to pierce the hearts of those in a survivor's circle of influence, yet careful to tread lightly on what could be tender words.

## Hush: Moving From Silence to Healing After Childhood Sexual Abuse Details

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Author : Nicole Braddock Bromley

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## **From Reader Review Hush: Moving From Silence to Healing After Childhood Sexual Abuse for online ebook**

### **Lulu says**

I liked the first part of this book. The second part of the book was so Evangelical and focused so much on satan and forgiveness, that it lost me. There were good Things mixed in throughout the book but things like Differentiating between how you feel about a person versus their "sin" doesn't resonate. Neither do biblical dictates.

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### **Love says**

I really am not sure how to rate this one..I loved the beginning of the book, 50 or 60 pages.It got kind of weird for me after that. She was still telling her story but had mixed in some of her students stories. I lended up skipping around after that. I gave it 3 stars because I felt the potential for a great book was there.

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### **Devin Ripley says**

This book is not only a self help book designed for survivors but for family and friends of child abuse victims. I wish all of my family and close friends would choose to learn the signs and symptoms of an incest victim. I learned many things about how to move on with my life, things that I have always wondered about but never knew. The little things that make survivors introvert can be overcome with the help of that person's peers. This is an informative must read, thank you for helping me to progress in this new life I'm trying to live.

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### **Jes says**

This book disappointed me.  
The first 90 pages were brilliant, and I completely understood them but then the rest of the book I had to skim read over all of the talk about God. Now, I am all for people who choose to be religious, that's totally fine. But having it forced down my throat just made the book distasteful.  
I wish I hadn't been so disappointed because I was really enjoying the direction it was going in.

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### **Sonnet Medrano says**

A moving account of personal experience living through childhood sexual abuse and pressing forward into healing and helping others. Author and speaker Nicole Bromley uses her story and the stories of dozens of others to outline how you can find healing, and why this silent, shameful epidemic of pain should be exposed and eradicated.

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### **Amy says**

This book was written by a Highland grad

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### **Leighanne Main says**

Although I was not sexually abused as a child, I was stuck in an emotionally, verbally, physically, and sexually abusive relationship for two years as an adult. I received this book after going to a fantastic talk by Bromley at my school, and a friend actually got the book for me to read. This book has a good beginning and end, but it does get a little too into religion at times for me. I do believe that this book may help some, but for me it didn't help me as much as I hoped. It did put somethings in perspective for me, and really encouraged the healing process. However, the whole depending on god for everything was a turnoff. There is still value to this book for survivors though, and I do encourage anyone who is having a difficult time to read it.

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### **Kara Koester says**

a "softer" discussion of the issue

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### **Lorel Marie says**

Amazing book, Amazing lady. This book broke my heart, and everything she did has helped my heart heal. She spoke at Olivet Nazarene University while I attended and I just fell in love with what she has done and is doing for the survivors of childhood sexual abuse.

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### **Kimberly says**

Excellent for anyone seeking to move forward from childhood sexual abuse, or for those who love abuse survivors and want to be able to understand and help them. My only problem was the variation in Bible versions.

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### **Jennifer Jarrell says**

Emotional to read. The scriptures were very helpful and I saw them in a different light as she shared them in context to overcoming the effects of sexual abuse.

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### **Andria Fredriks says**

I read this book on the recommendation of a friend. It is a powerful book written to the sexual abuse survivor

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to help them through the various stages of healing but it extremely enlightening for the friend, the mentor, the person who wants to understand how the victim thinks and feels even years after the abuse has ended. As one who is considering being a Christian counselor and also just wants to be able to relate to and come alongside people who are experiencing all kinds of pain, this book was extremely useful. It challenged my ideas of the timeline of healing and the thought processes that the victim has as they relive and attempt to deal with their experiences. It forces you to rethink what you perceive to be healthy and normal from the perspective of someone who has experienced sexual abuse. I highly recommend this book.

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### **Correna Ruppert says**

I am a victim of childhood sexual abuse. Since being saved I know that God is the answer to complete healing. This is a book that is touching me deeply and showing me some things that I still need to heal from. This is a great encouragement for anyone who has suffered from childhood abuse, but it is specifically designed to help those who have suffered childhood sexual abuse. Sexual sin is a sin against the body - as sex is something that God gifted to marriage. Because of the nature of sexual abuse it is such an intimate violation that is very difficult to overcome and heal from. Not that other types of abuse are by any means easy. This is a great read for those who are seeking to finally begin healing and move into the life that God truly desires us to have. To live in fear, shame, guilt, pain, and silence does not have to continue, and it is not what God wants for us. I will say that if you have suffered from this kind of abuse that you realize this book will touch your mind enough that you will be taken back into some memories you may not be ready to face. I have already started the healing process and was not expecting to find new memories surface while reading someone else's story/experiences. I had to put the book down for a time because of the unexpected revealing of memories and feelings. But this book isn't just about revealing the source of your pain. It's about healing from it. You cannot heal from something that you don't face. Sexual abuse is NOT YOUR FAULT!! All the wrong that was done was done by the abuser NOT YOU. There is nothing that you could have or should have done to prevent it from happening. It is the ABUSER'S fault that you were put into a situation that no child should ever face. I highly recommend this book to anyone needing healing from sexual abuse. Be sure you have the support of someone you trust that you can talk to. Perhaps they aren't the one you will ultimately tell your secret to, but with the types of emotions and feelings that will arise from reading this book, it is wisest to have someone you can talk to. Perhaps a counselor, teacher, or pastor, if you do not have a friend you feel comfortable talking to. My heart aches for those of us who have endured this abuse. My prayer is that you find the courage to start the healing process and ultimately let it go, giving it to God so that you may be fully alive, fear free, pain free, shame free, guilt free, and silenced no more. In Jesus precious, powerful, healing, name I pray. Amen

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### **Sara says**

It was ok. But it was way over-simplified. I'm not really sure who the intended audience is. It seems like it was intended for adults, but it reads more like it was written for young teens. It was way too brief, and I was always waiting for it to go deeper... and it never did. Details lacking all over the place.

Her story was wonderful, and I think she does truly understand what others may be going through. That's where the two stars come in. I've heard her speak before, and I know that she is able to really connect with her audience, even those who have no personal ties to the subject.

But, like some others have said, the first 4-5 chapters were good. But once it got around chapter five, it turned into "You need God. It's not your fault, but you have to ask for forgiveness." While the intentions may

have been honestly good, I think a non-Christian reading this would only feel worse afterwards. The second half of the book just felt so insensitive and overbearing to me.

So, overall, if you're a survivor of sexual abuse, or a loved one of a survivor of sexual abuse... I wouldn't start with this book. There are others that go deeper, and help much more. Or just read the first four chapters. Those work well. Especially to get the most basic understanding of the topic.

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### **Amy says**

Highly recommend. Nicole ministry of healing is outstanding. Check out her books and definitely go see her speak when she is in your area! <http://www.onevoiceenterprises.com/>

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