



A Survivors to Thrivers Going-Forward Story

As we make our own wounds visible and available, they can be of service to the healing of others. This story of wounding, struggle, and healing encourages survivors to claim their going-forward stories. Tambry's experiences, concepts, and heart shine light into the darkness that surrounds sexual abuse.

Section I invites the reader into the author's story by asking reflection questions. Together, author and reader walk through the stages of forming, launching, evolving, awakening, claiming, and thriving.

Section II focuses on the reader's exploration and moves through a mindful process of exploring the main character of the story, the reader, and seeing that person more holistically, maybe even more compassionately than ever before. The reader claims a vision for future life-giving chapters.

The overarching hope of this inspiring book is to begin to create a community of people who are moving from surviving to thriving, and journeying together.

Invite Tambry to speak to your group

tambry@survivorstothrivers.com
or **704-281-9637**



Tambry found her voice, named her truth, and created a vision to help others who have experienced the pain and shame of sexual abuse find healing, strength, and freedom. She has a Masters in Applied Psychology and certifications in the areas of Leadership Coaching, Spiritual Direction, Change Management, and Diversity. Through her organization, Going Forward: Survivors to Thrivers,

she provides Individual guidance, retreats, and speaking engagements to bring awareness and light into the shame, silence, and darkness of sexual abuse.

Ordering Details

Title: *Awakening the Light: A Survivors to Thrivers Going-Forward Story*
Author: Tambry Harris, MA
Format: Softcover ISBN 978-1-943070-94-7
E-book ISBN 978-1-943070-95-4
Categories: Self-help; Body, Mind & Spirit
Page Count: 200
Trim Size: 7 x 9 inches
Release date: October 1, 2020
Website: survivorstothrivers.com
Publisher: SPARK Publications, sparkpublications.com

Holistic Perspectives around *Awakening the Light*

Mind: "*Awakening the Light* is a beautiful expression of the author's heart and journey of healing. There is a helpful balance of vulnerability and openness with her experience, courage, and passion to help others step through the fire and integrate mind, body, and spiritual healing." Leslie Kay Maitri Canniff, LCMHC, LCAS, C.H.T.

Body: "This comprehensive, empathetic guide is for all abuse survivors wanting to live a freer, thriving life. The author weaves her own story into research-based steps allowing one to bring light to the ways trauma continues to limit life and move beyond these limitations. She adeptly illustrates the need to pay attention to physical feelings in addition to the psychological, emotional, and spiritual perspective." Debra L. Coles, M.D.

Spirit: "The move from darkness, shame, and silence to light, love, and freedom is possible when we have the courage to acknowledge and face the harm we've experienced. The author's stories and images of how God has been made known to her are compelling and reflective practices offer real guidance in connecting to your sense of the Divine. This book is a true gift to anyone who has experienced abuse, anyone who loves a survivor, and to interfaith leaders who minister to them." LeDayne McLeese Polaski, M.Div., ED of Mecklenburg Metropolitan Interfaith Network