

Mended: Ashley Lekhram's Inspiring Journey of Healing and Empowerment

In the pages of her captivating memoir, *Mended*, Ashley Lekhram takes us on a raw and unflinching journey through her childhood marked by unimaginable trauma and abuse.

From the tender age of five, Ashley endured a relentless barrage of physical, emotional, and sexual torment at the hands of those who were supposed to protect her. The scars left by these horrific experiences cut deep, leaving her shattered and lost.



mended by Ashley Lekhram

★★★★★ 5 out of 5

Language : English

File size : 553 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

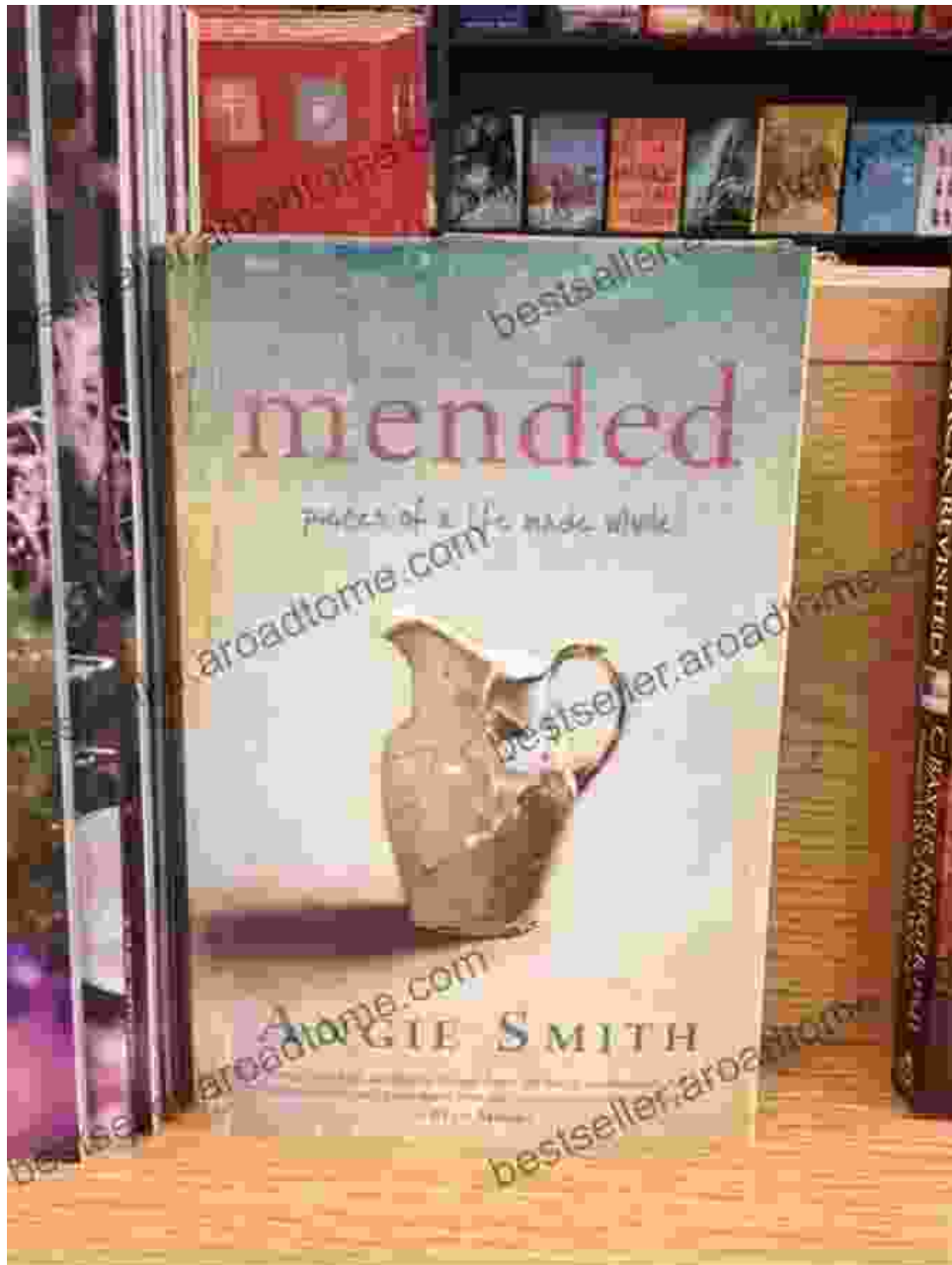
Print length : 111 pages

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But amidst the darkness, a flicker of hope emerged. With unwavering determination, Ashley refused to let her past define her. She embarked on a courageous path of healing, seeking solace in therapy, self-discovery, and the unwavering support of her loved ones.

In *Mended*, Ashley candidly shares her struggles with PTSD, depression, and anxiety. She delves into the complexities of trauma bonding and the

long-term effects of abuse on the mind, body, and soul. Yet, her story is not one of despair but of resilience and triumph.

Through her raw and intimate account, Ashley sheds light on the devastating impact of childhood trauma while offering a beacon of hope for survivors. Her journey of healing is a testament to the indomitable human spirit and the power of seeking help.

Mended is more than just a memoir; it's a catalyst for change. Ashley's story empowers readers to break the silence surrounding abuse and seek the support they need to heal. It challenges the stigma associated with mental health and advocates for greater understanding and compassion.

With each page, Ashley's strength and resilience inspire us to confront our own challenges with courage and determination. She reminds us that even in the darkest of times, healing is possible and that we are not alone in our struggles.

Mended is an essential read for anyone who has experienced trauma, for those who love and support survivors, and for anyone who seeks to understand the complexities of mental health. Ashley Lekhram's powerful voice will resonate with readers long after they finish her book, leaving them with a profound sense of hope, empowerment, and the unwavering belief that mending is always possible.

Quotes from Mended:



“ "Trauma is not a life sentence. It's a chapter. And we get to choose how it ends." ”



“ "Healing is not linear. It's messy, it's painful, but it's worth it." ”



“ "Breaking the silence is the first step towards breaking free." ”

About the Author:

Ashley Lekhram is a survivor, advocate, and author. She is the founder of the Mended Foundation, a nonprofit organization dedicated to supporting survivors of childhood trauma. Ashley's mission is to empower survivors on their healing journeys and to create a world where every child feels safe and loved.

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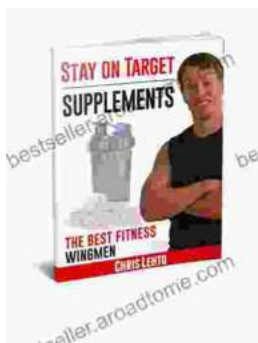
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