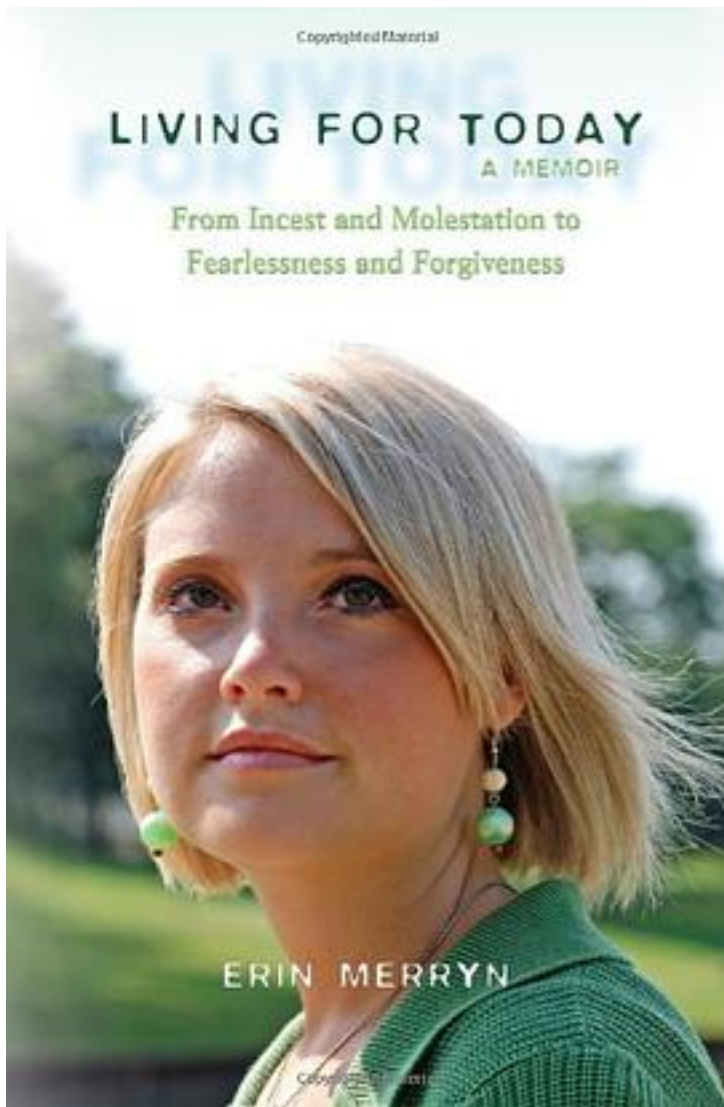


Living for Today



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SILENCE BROKEN AND STIGMAS SHATTERED-HELP FOR INCEST SURVIVORS IS HERE
Fans of Erin Merryn's heart-wrenching debut memoir Stolen Innocence were left wondering what would become of an emotionally fragile Erin after her confrontation with the reality and repercussions of being a child of incest and molestation. In Living for Today, Erin chronicles how she cultivated the strength to face her abuser and eventually found relief from years of emotional restlessness, while also igniting the beginnings of a new fearless journey. Living for Today chronicles that journey, which began with the unearthing of private shame, releasing of ugly memories, letting go of guilt, and becoming the mouthpiece of millions of her generation. In Living for Today, anyone who has felt victimized, ashamed, isolated, and silenced by their abusers will receive a roadmap for self-discovery, forgiveness, and empowerment. With real compassion and wisdom, this book can help readers overcome trauma and live fully and fearlessly for today.

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