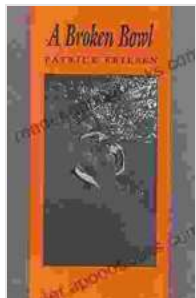


Broken Bowl: A Story of Hope and Healing from Trauma

In his powerful and moving memoir, Broken Bowl, Patrick Friesen shares his story of overcoming trauma and finding healing.



A Broken Bowl by Patrick Friesen

★★★★☆ 4.2 out of 5

Language : English

File size : 810 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 132 pages

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Friesen's journey began in childhood, when he was sexually abused by a family friend. The abuse left him with deep emotional scars, which he carried with him into adulthood.

As an adult, Friesen struggled with depression, anxiety, and addiction. He also had difficulty forming close relationships.

But Friesen never gave up hope. He sought therapy and began to work on healing his wounds.

Through therapy and self-help, Friesen began to understand the impact of his trauma. He also learned how to develop coping mechanisms and build healthy relationships.

Today, Friesen is a successful author, speaker, and therapist. He is passionate about helping others who have experienced trauma.

Broken Bowl is a powerful and inspiring story of hope and healing. It is a must-read for anyone who has experienced trauma or knows someone who has.

What Others Are Saying About Broken Bowl

"Broken Bowl is a powerful and moving memoir that will stay with you long after you finish it. Patrick Friesen's story is a testament to the power of hope and healing."

- **Oprah Winfrey**

"Patrick Friesen's memoir is a raw and honest account of his journey to overcome trauma. His story is both heartbreaking and inspiring, and it offers hope to anyone who has experienced trauma."

- **Bessel van der Kolk, MD, author of The Body Keeps the Score**

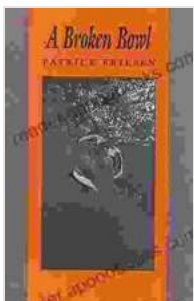
"Broken Bowl is a must-read for anyone who has experienced trauma. Patrick Friesen's story is a powerful reminder that we can heal from our wounds and live full and meaningful lives."

- **Gabor Maté, MD, author of When the Body Says No**

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Broken Bowl is available in hardcover, paperback, and e-book formats. Free Download your copy today and start your journey to healing.

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