



Cherish the Light: One Woman's Journey from Darkness to Light

Donna L. Friess

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Cherish the Light: One Woman's Journey from Darkness to Light is the intimate story of Donna's life after she faced the worst nightmare a daughter can face; having to stop daddy from molesting her four-year-old niece. In the wake of that legal battle, Donna became a crusader for women and children. These pages reflect the soul deep thoughts and attitudes which have allowed her to emerge from her own devastating childhood. Today she is a strong, happy and positive woman. Perfect for book clubs, these pages offer valuable information and inspiration for anyone who wants assistance living the most fulfilling life possible. Included are discussion questions. Cherish the Light is part heart warmer, part self-help book, and part chronicle. Donna challenges each of us to understand that our lives are so precious we do not have a minute to waste. It is indeed our time now! This book is the sequel to Cry the Darkness, the heart wrenching account of a 15 month long trial which Donna and her sisters endured to stop their father. Cherish the Light answers the question: "Given your childhood betrayal by your father, how is it you are so positive? How can this be?"

Cherish the Light: One Woman's Journey from Darkness to Light Details

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From Reader Review Cherish the Light: One Woman's Journey from Darkness to Light for online ebook

Kel says

I received this book from a Goodreads First Reads Giveaway.

This book is an uplifting and inspiring tale of one woman's journey to overcoming horrific childhood abuse and learning to cultivate a real joy and optimism towards life.

This book shows that it is **how** you respond to adversity, difficulty, and negative experiences that really matters. Just because a person has been victimised doesn't mean they have to be a victim.

There is a real sense of hope, not just for the author, but for anyone that may have experienced something similar. However, I would not call this book a 'self help' book. It is more of an inspiring autobiography.

I would highly recommend this book.

Donna Friess says

This is a book about hope and inspiration. It teaches that the life we are living now is the result of the decisions we have made in the past. The life in our future will be based upon what decisions we make today. Donna has led an interesting life; many who have experienced childhood devastation and death threats follow a less productive and happy path in life. This is a collection of her attitudes, thoughts, passions, her golden retrievers, horses, and of course her family.

Hayley Shaver says

This is an upbeat and thoughtful book about how the author of this book cultivated her joy of life starting from a childhood that was filled with horrific sexual abuse. She also wrote a book before this one called Cry the Darkness, detailing her sexual abuse, her childhood, and the trial her father had after abusing the girls in his family. I will certainly try to read that one also. I got this book from goodreads first reads for free.

Karen Hill says

I didn't read the book prior to this one to know the backstory, however, it's clear through the way the author writes and speaks about the past that she has risen above a tragic childhood. This story is not what I expected

it to be (I expected it to go more in depth with the healing process then it did) but I still enjoyed it and look forward to reading the book that preceeded this one

Evelyn says

I received this book free from Goodreads. This book was not at all what I expected it to be. The author has done a lot of uplifting things in her life, although I found it to be more of a biography about her life rather than an inspirational self-help book. Cherish the light was an easy read.

Samantha says

Great book. Looking to read the first to get a better understanding of what she went through. I work with youth have been in similar situations and I found this book to be helpful and an inspiration. Thank you for this book and the work that you do!

Darren says

It was a good book to read. A very interesting book.
