



## Are You Still Bothered by the Past?

*Anne Anderson*

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## **Are You Still Bothered by the Past?** Anne Anderson

They say you're only as sick as your deepest secret...and Anne Anderson, a victim of unimaginable sexual abuse, had plenty of them. The product of a broken and dysfunctional home, Anderson's childhood was like something out of a nightmare, leaving her abandoned, molested, manipulated, drugged, and even prostituted. The closest thing to love that she experienced was offered with one condition: that she'd agree to have sex. Never mind that she was only twelve years old. And never mind that the man was her only father figure a man who was supposed to protect and care for her. Unsurprisingly, she was left damaged and deeply scarred, her pain and suffering extending far beyond the abuse itself. For years, she carried around the baggage of her past, feeling emotionally empty and disconnected. When she became a Christian, she thought it was an immediate solution, hoping that her newfound faith would make everything right. But a lifetime of self-sabotaging patterns weren't so easily broken. So how does one move on from such trauma? In *Are You Still Bothered by the Past?* author Anne Anderson candidly shares her story of abuse, as well as her personal recovery process. Her inspirational message encourages other abuse victims, showing that no matter the circumstances, it is possible to rise above your past and find the hope, healing, and love you long for.

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