

## Her Big Secret: Post Abortion and Pain Free



So, all alone I staggered through the after effects called post abortion stress. Fractured. Defrauded. Hurting. And hiding it all. Many other young women have walked my road. They are the women that are all around us. They come in all sizes, shapes, ages, countries, nationalities and religions. In fact, one statistic sites that by the age of forty five one in every two and a half women around us have had an abortion. (jilly 2011) They are the women standing next to us in line at Panera. At the post office. At the grocery store. Perhaps on a more personal level they are the women that sit next to us at work. At church. Or, on the bus. They may be our neighbors, our friends, or our cousins. They may be our nieces, our daughters, and even our mothers. Girls, guys, moms, dads, sisters and brothers. You have been affected by the experience of abortion, either directly or indirectly. This is for you. Maybe you personally did not have an abortion, but someone close to you made the choice to have one as I did. Many times we are left wondering how to pick up the scattered pieces of our soul. Sometimes it happens so quickly and easily that we are left wondering what just happened. Do you feel like there is a missing link? A misplaced piece? Is there something you are feeling on the inside of you that feels dishonored? Maybe even violated? Or maybe you cant put your finger on it but you know there is something holding you back from feeling superb? Some of us need a good cleansing to release the pain. The kind of cleansing you feel after a good cry. When life starts to feel like a pressure cooker and you just know that if I let it all out I will feel better! If deep down on the inside of you there are feelings and issues you think maybe havent been completely resolved or maybe you wonder if there is a way to understand what you are feeling, this message is for you. Do you feel like you have closed that chapter of your life

and moved on, but wonder why you feel depressed or sad, particularly when certain events trigger the memory? Do you avoid the topic of abortion because it is too painful for you? My hope is that we allow this book to help us recognize and understand some of the effects of post abortion stress syndrome, P.A.S.S. (a fancy word for unresolved pain!). You owe it to yourself to STOP for a minute. Put the distractions of life on hold for a moment. Find time in a busy schedule long enough to focus on you. You are important. Think about your life. Slow down to speed up. A good cleansing is coming! This book reflects the healing of my life. It will help post-abortive women who have suffered silently. Abortion is a severely traumatic event. Its effects on us are very similar to post traumatic stress disorder (PTSD). PTSD can be defined as a mild to acute disorder which can occur when a person has been exposed to a traumatic event. The event would have involved a perceived or actual threat to the persons own life or physical integrity or that of another, such as a physical or sexual assault, rape, a serious accident, a natural disaster, combat, being taken hostage, torture, displacement as a refugee, sudden unexpected death of a loved one, and witnessing a traumatic event. (Rachel Yehuda, PHD N Engl J of Med Vol. 346, No. 2 - January 10, 2002).

Call My Journey...LifeSports, movies, family, kids, marriage, health, lifeWednesday, November 28, 2012Quick updateThe last time I posted a lot has changed. So for a quick update, my husband got a new job. As soon as we got an offer on our house we accepted we accepted it. We found a house to live in and put an offer on the table and after a little negotiation we can to an acceptable and agreeable offer. After a very painful moving process, which lasted 33 day after the original closing date we finally closed.I quit my part time teaching job. Now I get to stay at home with Roarie and substitute teach every now and then.Posted by Mrs. Stacie Christner at 8:13 AM Reactions: 75 comments: Friday, April 27, 2012Education CutsOne of the most important things in life is to have a good education. Teaching is the only occupation that shapes our country. We teachers touch every life from the farmer to the lawyer, to the CEO of some big company. Granted you may not use everything that learn in the classroom but the structure, respect, responsibility, social skills and time management are life skills that are used everyday.The frustrating thing about being a teacher is the lack of money put into education. I am not complaining about how much money I make because teachers do not go into teaching. What I am complaining about is teachers getting cut, class sizes are getting bigger, and yet we still get the same pay. The schools who have the money have the money get the technology and the good test scores. The better the test scores the more money you get. So if you a poor school you don't get the technology and yet you don't get any money for the low test scores. So the rich get richer and the poor get poor.Needless to say, I have gotten word from the school superintendent that my special education position is being cut. I am still going to have a teaching job being a part time American History teacher. Which I am glad that I am getting into the general education setting and that I get to be

a part time stay-at-home mom but at the same time I wish I had a full time, paying job. Posted by Mrs. Stacie Christner at 7:39 PM Reactions: 24 comments: Sunday, April 15, 2012 Manners Meal Every year, the Colfax-Mingo Middle School does what they call manners meal. Grades six through eight take a field trip to a designed location and practice using good dining manners. So on Friday, April 13, 2012, we went some where local, the Colfax Historical Building for our dining. Before we go to on our trip the staff reviews what it is to have good manners. There are so many manners to cover and sometime we just assume that it will happen but it doesn't. Here are a few manners that we covered: Appearance- The students were to Shower, which as middle school students it is a challenge for some, and use soap Fix hair up nice Wear dress clothes- dresses, dress pants, dress shirt Wear minimal make-up Wear minimal perfume or cologne Table Setting- Silverware start on the outside and work your way in and the fork at the top of plate is the desert fork The drink is off to your left Waiting for others- Wait for everyone to arrive to your table before seating yourself Wait for everyone to get their food before you begin eating Table Talk- Speak softly to the people at your table Do not interrupt Do not talk about bodily functions (farts, pooping, etc.) Say "Please", "Thank you.", "You're welcome.", "Pardon me" Some things we took for granted and expected the students to know were: Keep elbows off the table Keep elbows as close to your sides as possible when eating Keep hands to your self (which is hard to do for middle school students) Listen to speaker (which is hard to do in the classroom too) Pass dinner rolls and salad dressing all around the table Posted by Mrs. Stacie Christner at 4:57 PM Reactions: 18 comments: Labels: education, Teacher Advice Monday, April 9, 2012 Roarie Meets her Cousins Roarie is 7 weeks old and finally got to meet half of her cousins yesterday at Easter. 18 comments: Labels: personal Older Posts Home Subscribe to: Posts (Atom) About Me Mrs. Stacie Christner I am a second year Special Education teacher at Colfax-Mingo Middle school. I got married in July of 2010 to the love of my life. We have a morkie dog (maltese/yokie mix), Laila. I do a lot of online shopping and would like to tell you about great deals that I find. View my complete profile Labels: American History 1600's (3) Blog Review (20) Development in the Colonies (4) education (14) gifts (3) health (10) Lesson Plan (20) make money (3) movies (3) news (8) personal (323) pets (1) Product Review (3) Review Game (3) Revolutionary War (14) Roarie cuddling with mommy. (1) sports (31) Teacher Advice (2) Search Google Custom Search Great Websites to Shop Amazon Ebay BLOGS I FOLLOW Blog Giveaways Free Listings of Online Giveaways Followers Blogging Buddies 1 Million Love Messages A Mom's Balancing Act Apu's Blog Bill and Vicky's Blog Billion Dollar Baloney Buen Amigo Cool MRI Stuff Diet Pulpit Life Little Life's Lessons Mental Poo Speedcat Hollydale The Break Room The Postcard Collector Time to Eat Mon Traci in the Swamp info about online associates degrees Blog Archive -¼ 2012 (15) -¼ November (1) Quick update -° April (6) -° March (7) -° February (1) -° 2011 (8) -° 2010 (72) -° 2009 (82) -° 2008 (168) -° 2007 (260) -° 2006 (25) AMAZON DEALS Simple template. Powered by Blogger.

[\[PDF\] You Can Iron Sitting Down](#)

[\[PDF\] Your Personal Astrology Planner 2009: Sagittarius](#)

[\[PDF\] Sesame Street Lets Cook!](#)

[\[PDF\] Microbiology for Funeral Service](#)

[\[PDF\] Principles of Animal Physiology \(Biology 225 Special Edition for University of Michigan\)](#)

**The Big Secret of Abortion: Women Already Know - Huffington Post** Feb 13, 2016 Woman forced into termination after she was raped as a child reveals how to it and having to hold the pain of her secret inside destroyed her life and led and had all the trappings of a successful career woman including the big house. . After the course I felt whole again and I feel free from my secret. **Download Her Big Secret Post Abortion and Pain Free - YouTube** Achetez et telechargez ebook Her Big Secret: Post Abortion and Pain Free (English Edition): Boutique Kindle - Mental & Spiritual Healing : . **Past Abortion Healing A Hope Center** Aug 6, 2016 Download Her Big Secret Post Abortion and Pain Free - Duration: 0:51. S Hoffman No views 0:51 The Secret That Oprah Hid for Years and **Download Her Big Secret Post Abortion and Pain Free - YouTube** Mar 31, 2014 So, all alone I staggered through the after effects called post abortion stress. Fractured. Defrauded. Hurting. And hiding it all. Many other young **none** Mar 31, 2014 Her Big Secret: Post Abortion and Pain Free, Kobo Edition (eBook) book by Kimberly L Nitz. Free shipping over \$25. **Help & Healing After Abortion** May 10, 2014 The news and Facebook are lighting up with responses and posts about a young woman named Emily who decided to film her positive **Her Big Secret Paper** C Nov 21, 2016 Martina read through her email once again and hovered her finger over the send button. In such a hostile climate, it is no wonder that self-induced abortions are still a I can give birth to my rapists baby for free. from the nearest abortion provider by an ocean: two wrote in from the big island of Hawaii, **Download Her Big Secret Post Abortion and Pain Free - YouTube** Read Her

Big Secret Post Abortion and Pain Free by Kimberly L Nitz with Kobo. So, all alone I staggered through the after effects called post abortion stress. **Her Big Secret, Post Abortion and Pain Free - 9781483530437** Aug 25, 2015 I immediately asked if her office performed abortions. The doctor recoiled as if I struck her. It was quick and entailed almost no pain. . Those are big states with a lot of people and they're almost entirely unable to provide medical abortion. The secret origin story of the iPhone Slide to Unlock **Her Big Secret: Post Abortion and Pain Free (English Edition) eBook** Post Abortion and Pain Free Kimberly Nitz. know how to handle it. Handle the pain in a way that deals with it, understands it, forgives it and then moves on. **Download Her Big Secret Post Abortion and Pain Free - YouTube** Aug 5, 2016 Download Her Big Secret Post Abortion and Pain Free - Duration: 0:51. Henry S 1 view 0:51 Download Healing for a Broken World Christian **Her Big Secret: Post Abortion and Pain Free - Kindle edition by Her Big Secret, Post Abortion and Pain Free - 9781483530437** Aug 5, 2016 - 51 sec - Uploaded by Pat HMuchMoreThanBeauty 54,268 views. 16:28. Download Her Choice to Heal Finding Spiritual **Customer Reviews: Her Big Secret: Post Abortion and Pain Free** Download pdf book by Kimberly L Nitz - Free eBooks. **Her Big Secret: Post Abortion and Pain Free - Google Books Result** Her Big Secret: Post Abortion and Pain Free Kimberly tells her story of a journey out of shame into the light of healing- In the end her healing is complete. **Her Big Secret: Post Abortion and Pain Free by Kimberly L Nitz** Getting past the pain of an abortion- The help we offer for post-abortion recovery is over it, It wasn't that big a deal, Don't worry time heals everything, or perhaps worse It has been said that abortion is a woman's best kept secret. Because of her response, I felt safe and was able to get the help I needed to heal my **The medical abortion works so why aren't more women using it** Aug 11, 2015 The Big Secret of Abortion: Women Already Know How It Works Her comment came in response to the furious fight that has erupted over the was the most exquisitely terrible pain of my life and I am the veteran of three Yorks first abortion clinics in the 1970s and led Catholics for a Free Choice for **Abortion Who is Affected? Mother? Father? Grandparents? Siblings** Aug 6, 2016 Marcie Reveals Her Big Secret to Alex Tyler Perrys If Loving You Is Wrong Oprah Winfrey Network - Duration: 2:09. OWN 107,210 views. **Why we need to talk about abortion: eight women share their** Aug 5, 2016 Download Her Big Secret Post Abortion and Pain Free - Duration: 0:51. Henry S 1 view 0:51 Download Hidden Holocaust Discover Gods **Surrender the Secret Overview - Knock TV** Post abortion Trauma Affects More than the Babys Parents audience for ministry services, we know that other people are affected by post abortion pain. we normally refuse to allow people to be our close friends for fear they might find out our secret. The uncle is then free to continue to have sexual relations with her. **Her Big Secret by Kimberly L Nitz - Read Online - Scribd** If you are in emotional or spiritual pain after abortion, there are resources and options . If he subsequently allows Patient B to delve into her post-abortion grief and .. National toll-free hotline at 1-866-482-LIFE (1-866-482-5433) My biggest regret is my reaction to the news that she was pregnant.she came to me, **Please, I am out of options: inside the murky world of DIY abortions** Abortion seemed like the quickest solution, but the healing will take a lifetime. The Secret Pain of Abortion After a month or so, I realized I hadn't had another period. Abortion seemed like the quickest solution to a big problem. But it's obvious her pain isn't far from the surface. Sign up for our Free newsletter. **Her Big Secret eBook by Kimberly L Nitz - 9781483530437 Kobo** Autor: Kimberly L Nitz - Abortion. The word itself is as chilling and sterile as the steel clinical environment where it occurs. Years of silent screams, - eBook Find helpful customer reviews and review ratings for Her Big Secret: Post Abortion and Pain Free at . Read honest and unbiased product reviews **Belfast woman: My abortion has haunted me all my life - nothing will SURRENDER THE SECRET** tells the real-life abortion stories of five women, See how they work through different healing exercises which help them get free from the bondages of pain, guilt and shame This allows her to openly discuss the issues and struggles the post-abortive woman faces Courtney has a big heart. **Her Big Secret: Post Abortion and Pain Free book Download Help for the Post Abortion Woman - YouTube** Post Abortion and Pain Free. Her Big Secret So, all alone I staggered through the after effects called post abortion stress. Fractured. Defrauded. Hurting. **Her Big Secret - Post Abortion and Pain Free von Kimberly L Nitz** Her Big Secret: Post Abortion and Pain Free - Kindle edition by Kimberly L Nitz. Download it once and read it on your Kindle device, PC, phones or tablets. **Women share their post-abortion pain and regret - Live Action News** Oct 9, 2015 Eight women talk about their abortions and why it needs to remain, or become, As soon as the test came up positive I asked her to refer me to the hospital. but I still felt my abortion was a secret that only a few close friends could be told about. The procedure was fairly painless, and I recovered quickly

livingbalearic.com

medizinnnews-tv.com

mindibphotography.com

**Her Big Secret: Post Abortion and Pain Free**

[ourivesariaeoptiacosta.com](http://ourivesariaeoptiacosta.com)

[robinsonreviews.com](http://robinsonreviews.com)

[tbsoutdoorventures.com](http://tbsoutdoorventures.com)

[thedecoratorscorner.com](http://thedecoratorscorner.com)

[trucdehoof.com](http://trucdehoof.com)

[yudhowebsite.com](http://yudhowebsite.com)