

# Breaking His Silence: Jack Citrin's Inspiring Story of Overcoming Trauma and Finding Freedom



In his raw and unflinching autobiography, *Breaking His Silence*, Jack Citrin courageously shares the harrowing story of his childhood sexual abuse and

the profound and lasting impact it had on his life.



## Breaking His Silence by Jack Citrin

★★★★☆ 4.1 out of 5

Language	: English
File size	: 787 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 347 pages
Lending	: Enabled



Citrin's journey begins in the idyllic small town of Poughkeepsie, New York, where his seemingly happy family concealed a dark secret. As a young boy, Jack fell victim to the predatory behavior of a trusted family friend. The repeated sexual abuse left him feeling powerless, ashamed, and traumatized.

In the years that followed, Citrin struggled to cope with the psychological and emotional scars inflicted by his abuse. He sank into depression, developed an eating disorder, and became involved in self-destructive behaviors. He felt isolated and alone, unable to confide in anyone about his secret shame.

However, despite the overwhelming challenges he faced, Citrin's spirit refused to be broken. With the help of a therapist and the unwavering support of his wife, he slowly began to heal and rebuild his life. Through

years of arduous therapy and self-reflection, he confronted his past, processed his trauma, and reclaimed his sense of self-worth.

In *Breaking His Silence*, Citrin candidly recounts the complexities and challenges of overcoming childhood sexual abuse. He explores the shame, guilt, and anger that haunted him for so long. He also delves into the coping mechanisms he developed, such as dissociation and self-medication, which ultimately proved to be more harmful than helpful.

Through Citrin's deeply personal and moving narrative, readers gain a profound understanding of the far-reaching and devastating effects of childhood trauma. *Breaking His Silence* is a testament to the resilience of the human spirit and the power of healing. It offers hope to survivors of abuse that they too can break free from their past and find peace and fulfillment in their lives.

In addition to sharing his own story, Citrin also provides valuable insights and guidance for others who have experienced sexual abuse. He encourages readers to seek professional help, surround themselves with supportive people, and practice self-care and self-compassion.

*Breaking His Silence* is an essential read for anyone affected by childhood trauma, whether as a survivor, a family member, or a professional. It is a powerful and inspiring story that sheds light on a taboo subject and offers hope for healing and liberation.

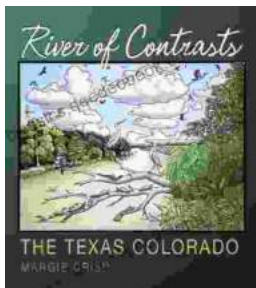
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