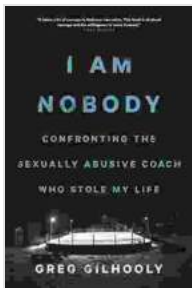


Confronting the Sexually Abusive Coach Who Stole My Life

I was 14 years old when my coach sexually abused me. For years, I kept his secret. I was ashamed and afraid. I didn't want to be judged or blamed. But the abuse had a profound impact on my life. I struggled with depression, anxiety, and post-traumatic stress disorder. I dropped out of school and lost touch with my friends.



I Am Nobody: Confronting the Sexually Abusive Coach Who Stole My Life by Greg Gilhooly

★★★★☆ 4.7 out of 5

Language : English
File size : 795 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



For years, I tried to forget about what happened. But the memories would always come back. I would have nightmares and flashbacks. I couldn't sleep or eat. I felt like I was going crazy.

Finally, I decided that I couldn't keep living in silence. I reached out to a therapist and started to talk about the abuse. It was hard at first, but it was also incredibly liberating. For the first time, I felt like I was finally taking control of my life.

With the help of my therapist, I began to confront my abuser. I wrote him a letter, telling him how his actions had affected my life. I also filed a police report. I was terrified, but I knew that I had to do something to stop him from hurting other children.

The police investigated my case, but they couldn't find enough evidence to charge my coach. I was devastated, but I refused to give up. I knew that I had to keep fighting for justice.

I went to the media and shared my story. I wanted to raise awareness about the issue of sexual abuse and to encourage other survivors to come forward. I also wanted to put pressure on the police to investigate my case further.

As a result of my advocacy, the police reopened my case and eventually charged my coach with sexual abuse. He was convicted and sentenced to prison. I was finally able to get justice for what he had done to me.

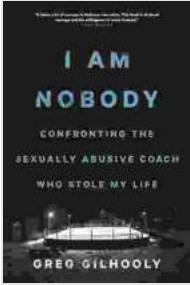
Confronting my abuser was one of the hardest things I have ever done. But it was also one of the most important. It gave me closure and empowered me to move on with my life.

I am now a survivor of sexual abuse. I am a strong and resilient woman. I am a mother, a wife, a friend, and a leader in my community. I am here to tell you that it is possible to heal from sexual abuse. You are not alone. You are not broken. You can reclaim your life.

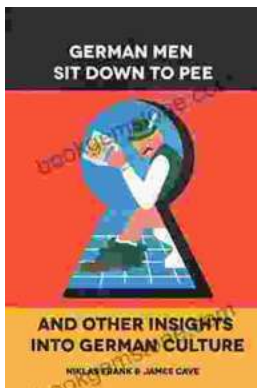
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Who Stole My Life by Greg Gilhooly

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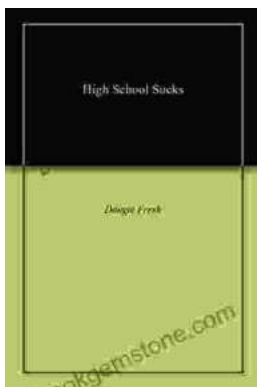


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