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Unrestrained

CAROLINE CAMERON

- *Unrestrained* is the moving, sometimes frightening story of Caroline Cameron's journey of surviving and thriving after years of horrific abuse from her husband. Caroline has approached her story with searing honesty and no-nonsense practicality and in so doing has dug a well of healing for the thousands of people whose stories are like hers.

- Caroline lifts the mask off so much of the secret and dangerous world of domestic abuse but, more importantly, provides a way into healing and restoration of soul for all those who are going through a similar experience.

- Her profound hope is that you will see that it is possible not only to be a survivor of abuse but that you can actually thrive! Where once you experienced control, oppression, containment and restraint, you can now live powerful, expansive and nurtured lives full of freedom and grace.

AUTHOR BIO

Caroline Cameron is a wife, mother of five children and grandmother of eight as well as the eldest sibling of six children. She has held numerous leadership positions in churches both in the UK and South Africa, speaking and teaching when invited. Along the way, she has gained a few degrees, including a Masters in Ministry.

ENDORSEMENTS

'This is a story of redemption and hope, of the light of God that overcomes the deepest darkness. This book will empower any who have been scarred by abuse, and resource any who seek to help the abused in a journey of recovery. Vital, powerful, and highly recommended.'

Jeff Lucas, Author and Speaker

'These pages will be like gold for anyone who is suffering abuse, has suffered from it or loves and cares for anyone who has. It is an incredible treasure trove of wisdom and hope and I know that it is going to have a powerful kingdom impact wherever it goes. You will be moved, you will be changed, you will be inspired as you read this book.'

Simon Holley, Senior Leader of King s Arms Church, Bedford UK

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