



# The Chronicles of the Box

Peppy Ulyett

Format: Paperback  
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## ABOUT THE BOOK

The effects of past abuse were threatening to blow the lid off the box of Peppy Ulyett's life. But a loving and powerful God helped her unpack its shameful hoard, releasing her from the tyranny of silence. This is a story of restoration from shame and its toxic effects. Peppy invites you to journey with her through her journal entries and emails as she eventually discovers astonishing healing from God. In the journey to healing, Peppy reached a major turning point where she was able to pray sincerely for the two men who had abused her, and really know what it was to forgive them. This book is not an easy read, especially if you too have been abused, but within its pages you too may find the hope and courage to work your own way towards the sort of healing and reconciliations Peppy finally experienced.



## BIO

Peppy Ulyett has stumbled her way to middle-age in the middle of England, despite life's circumstances and her complicated character. This is because she has a God who loves her and wants the best for her, whether she's comfortable with it or not. She's enormously grateful for all of that. Peppy has been a trained listener, a carer, an amateur puppeteer, and night-shelter and church worker.

She blogs at [peppyulyett.wordpress.com](http://peppyulyett.wordpress.com)



## ENDORSEMENTS

'For those of us who have suffered abuse, one of the greatest challenges is to have the courage to break out of hiding and to tell our stories. *The Chronicles of the Box* is an important book for all who seek freedom from toxic shame.'

**Dr Mark Stibbe, author of *Home at Last* and abuse survivor**

'Healing is not an event but a journey. Peppy's story shows her as vulnerable, honest and hopeful, even in the dark. A messy, untidy but powerful account.'

**Russ Parker, Founder and Director of 2Restore: Healing Church Wounds**

'I am profoundly struck by the unflinching bravery and persistent pursuing of healing demonstrated by Peppy – an awesome journey and a deep encouragement to any of us on long, complex voyages of restoration. Inspirational.'

**Sara Hyde, Criminal Justice Support Worker, Vice Chair of the Women's Fabian Society**

## KEY SELLING POINTS:

Author shares her own story with courage in order to help others going through the same pain.

Its style is vulnerable, honest and raw.

It demonstrates that healing from past abuse is not an instant healing event but comes as a result of bravely persisting in facing up to past hurts.

## TARGET AUDIENCE:

Those who have suffered abuse in any form.

Those wishing to receive freedom from the shame of that abuse.

Anyone involved with helping people recover from past abuse and shame.

## MARKETING AND PROMOTION:

Press Release to media and shop list.

Sample copies to key media and trade larger accounts.

Social Media Campaign.

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