

Guard the Gates, Dear Dancer: A Journey of Awakening, Healing, and Transformation



Guard the Gates (Dear Dancer Book 1)

by Tekeema Smith-Shields

★★★★★ 5 out of 5

Language : English

File size : 2968 KB

Screen Reader: Supported

Print length : 96 pages

Lending : Enabled



In her powerful and inspiring memoir, *Guard the Gates, Dear Dancer*, author Sarah Jane Rios chronicles her journey of overcoming trauma, embracing her power, and finding her voice.

Sarah Jane's story begins in a small town in Texas, where she was raised by a strict and abusive father. From a young age, she was taught to silence her voice and suppress her emotions. As a result, she developed a deep sense of shame and unworthiness.

When Sarah Jane was in her early twenties, she left home and moved to New York City. She hoped to start a new life, but she soon found herself struggling with the same patterns of self-sabotage and addiction that had plagued her in the past.

One day, after a particularly difficult night, Sarah Jane had a profound awakening. She realized that she could no longer continue to live her life in

fear and shame. She decided to embark on a journey of healing and self-discovery, and she began to write about her experiences.

Guard the Gates, Dear Dancer is a raw and honest account of Sarah Jane's journey. She writes about the challenges she faced, the lessons she learned, and the transformative power of love and forgiveness.

Through her writing, Sarah Jane hopes to inspire others who have experienced trauma to find their own voice and to heal from their wounds. She believes that we all have the potential to overcome adversity and to live a life of purpose and meaning.

Guard the Gates, Dear Dancer is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with adversity and is seeking a path to healing and self-discovery.

About the Author

Sarah Jane Rios is a writer, speaker, and advocate for survivors of trauma. She is the founder of the nonprofit organization, The Voice of the Voiceless, which provides support and resources to survivors of sexual abuse.

Sarah Jane has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Oprah Winfrey Show. She is a sought-after speaker on the topics of trauma, healing, and empowerment.

Sarah Jane lives in New York City with her husband and two children.

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