



# HerStory

*Deborah Kinisky*

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## **HerStory** Deborah Kinisky

This is the soul baring story of a lost little girl that was physically, mentally, and sexually victimized both inside and outside of her home as a small child. That abuse then continued on throughout her teens and into her adult life by various different people. She had acquired her addictions of choice as a pre teen based on behaviours being taught at home, which lead to an unhealthy and unsavory lifestyle as a teen and young adult, leading her down all the right paths to self destruction. Despite all of the obstacles that she faced on her journey through life, she has found that through the healing power of love from certain special people throughout different stages of her life, she has been able to overcome the self hate and loathing that comes from multiple traumas, long enough to get her mind set on the right track, and live her life today, no longer a victim, but victorious. I know this story well, because as you will soon find out, HerStory, is My story.

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