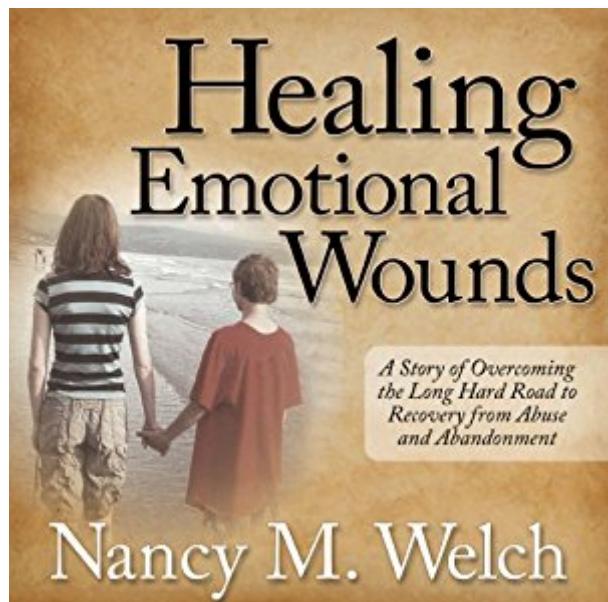


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# Healing Emotional Wounds: A Story Of Overcoming The Long Hard Road To Recovery From Abuse And Abandonment



## Synopsis

Nancy's labor pains were harsh and long, close to seven years, in fact. Conceived by Ukrainian parents, her two adopted children, Alyona and Alec, began their rebirth six years later in an American city near the East Coast shoreline. *Healing Emotional Wounds - A Story of Overcoming the Long Hard Road to Recovery from Abuse and Abandonment* is a compelling chronicle of metamorphosis that gives testament to the power of love, encouragement, and resolve over the desperate circumstances of abuse, neglect, and abandonment. This unvarnished story recounts the tumultuous road to recovery of two six-year-olds adopted from Ukraine and takes the reader through a mosaic of emotions from anger and frustration to laughter and bewilderment. This action-packed drama of the family's first seven years reads like fiction, but it's real. The high-stakes adventure is replete with volatile behaviors, love, intrigue, sadness, police intervention, unwavering faith, doggedness, emotional fluctuations, and humor. Three main characters emerge, along with a large supporting cast of friends, family, neighbors, and community: 1) Alec, born prematurely to a substance-abusing mother, who spent the early part of his life swathed in a blanket cocoon almost devoid of human touch; 2) Alyona, found on the streets at age four or five and returned to the orphanage by her Italian adoptive family after only six weeks due to her aggressive behavior; 3) Nancy, a single, early fiftyish professional who feels called to adopt these children. The antagonist in this saga is the history of abuse and abandonment, but the real heroes are the children, who emerge from the abyss of hopelessness to live lives of confidence, love, and expectation. *Healing Emotional Wounds - A Story of Overcoming the Long Hard Road to Recovery from Abuse and Abandonment* affirms the hope of healing through commitment, hard work, extensive family and friend support, a "never quit" attitude, and an unyielding resilience and focus.

## Book Information

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## Customer Reviews

Healing Emotional Wounds is a gift of huge proportions. This is the story of two courageous six year olds leaving all that they know, albeit hard and cruel, and traveling to a new life in a foreign land where they have no connections, no language, no vision of what awaits them. Their new mother is a single, 54 yr old woman, medically trained and fiercely determined. Surely their story provides an intense, adventurous read. But Dr. Welch offers us so much more at a time when the U.S. struggles to understand the nature of and to aid in the treatment/relief from PTSD. Further, right now, so many regions of the globe try to assimilate thousands of children abandoned in the cross-fire of war. She relates the long, hard path to reach these children emotionally and meaningfully so as to heal. Helping each individual is a lifetime ordeal with no how-to manual. Dr. Welch demonstrates the grit and tenacity required even when one has studied and trained in the best institutions and provided care to victims all over the world. She shows us that real people in real life are complex, tender and deep. In that spirit, Dr. Welch offers her book and herself, through public engagements and discussion groups, to expand awareness, increase compassion, and to join the conversation to heal even more emotional wounds.

This book hooked me from the beginning and I found it both difficult and easy to read. Easy to read because the author's style draws you into the story and doesn't let you go until the closing page. The descriptions are detailed enough to let you visualize places, people, and events but not too detailed for those of us who like action more than description. The book flows well and moves at a nice pace. Difficult because the raw emotions and situations dealt with tugged my heart strings. The author's spirit, perseverance, dedication to loving her family, and helping the children heal are inspiring. Reading the story gave me a much deeper understanding of how challenging raising adopted, wounded children can be while leaving me with hope and faith that it can be done successfully.

This memoir pulled me in and would not let me go. The author tells the story of how, as a single woman in her 50s, she decided to adopt two Ukrainian orphans who both struggled with issues from their pasts. She describes the children's aggressive, extremely violent behavior and my first instinct was to recoil and exclaim "Why is she putting herself through that?" However, as the book

progressed the author explained why the children acted the way they did and I began to understand the issues and how each child dealt with the past as an individual. Some of the scenes are heartbreaking, some are terrifying, and some are humorous. Through it all I was amazed at the love and compassion the author provided to her children and the lengths she went to in order to keep her family together.

I fear that this book may not get all the attention it deserves because its main title sounds like it is just another offering in the self-help category. Instead the book is a powerful memoir about the adoption of two emotionally devastated Ukrainian children and the author's loving determination to help them become emotionally whole in spite of obstacles almost too intense to imagine. At one point in the book I became so concerned that this would not turn out well that I briefly jumped ahead to the last couple of chapters to assure myself that, yes indeed, it did, Dr. Nancy Welch is an excellent writer with a great gift for crafting her story. She could have benefited from a bit more support from her publisher, such as putting into actual italic type what was apparently her old-fashioned style of signifying a book title and other emphasis with underlining. However, that is a minor complaint compared to the true impact of this book.

The aberrant behavior of these adopted children, particularly the young girl, is both horrifyingly frightening and ultimately uplifting. I cannot express adequate praise for Ms. Welch and her well earned family.

An amazing story of courage. I was very inspired by this book. Despite all the odds against her, the two Russian children she adopted, they became a family. A testament to motherhood, friends & faith.

This book is a full-bore, no holds barred story of determination and love. Dr. Welch's personal resources, which she candidly admits were seldom challenged by life's vicissitudes, were not only challenged but often in-your-face threatened by the needs of her two adopted 6-year old children, Ukrainian victims of abandonment and abuse. Her inner resources - and, ultimately, the inner resources of her children, Alyona and Alec, made it possible for a hair-raising ten-year-plus journey to end in companionship, love, and healing. The book is well-written, and captures the reader on the first page.

This very personal story of and by a very courageous woman and her journey toward motherhood and bringing love to two very emotionally broken children is captivating and heart wrenching. The story teller has the strength, physically and emotionally, to bring about an unbelievable miracle in the lives of her children. The way this Mother approaches the many difficulties facing her gives the reader life lessons which can be of immeasurable benefit in many situations.

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