



What Can I Do About Me?

Rhyll Anne Croshaw

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What Can I Do About Me? shines light on the darkness of pornography and sexual addiction, the trauma felt by loved ones, and the hope that recovery and peace are possible.

It is my hope that this book will help you find . . .

- A pathway to healing
- Hope in the present and in your future
- An understanding of what real recovery looks and feels like

This path to peace includes:

- Recognizing that there is no way but through
- Setting boundaries is the most loving thing I can do
- Forgiveness is not the same as trust
- I can't, but He (God) can, and I will let Him
- Having gratitude in the present moment
- Self-care is His care
- I'll row my own boat
- I can live happily. . . one day at a time

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Sonya Wright:

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Owen Ray:

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