



In "My Secret Life," delve into a profound memoir that unveils the indomitable spirit of an individual who faced unimaginable horrors. With staggering resilience and God as her shield, this remarkable journey takes readers on a rollercoaster ride through trauma and redemption. Driven by a burning desire to heal, the author masterfully intertwines her personal experiences with over simplified, cutting-edge neuroscience related to trauma, anxiety and depression. As pages turn, witness the transformative power as the realms of science and self-discovery collide, leading to an unearthing of strength, hope, and ultimately, healing. Bursting with raw emotion and enlightening insights, "My Secret Life" is an inspiring testament to the triumph of the human spirit and the incredible potential hidden within us all.



Christina Miroguchi is a renowned neuropsychologist and trauma expert with a deep passion for neuroscience and trauma healing. As a survivor of trauma herself, Christina brings a unique perspective and empathy to her work, helping individuals navigate their own healing journeys. With a wealth of knowledge and experience, she is dedicated to empowering trauma survivors and guiding them towards a path of resilience and growth.

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MY SECRET LIFE

Christina Miroguchi

# MY SECRET LIFE

A MEMOIR UNLOCKING THE NEUROSCIENCE SECRETS  
OF TRAUMA TRANSFORMATION



Christina Miroguchi

# My Secret Life In The Light

**M Carnoy**



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