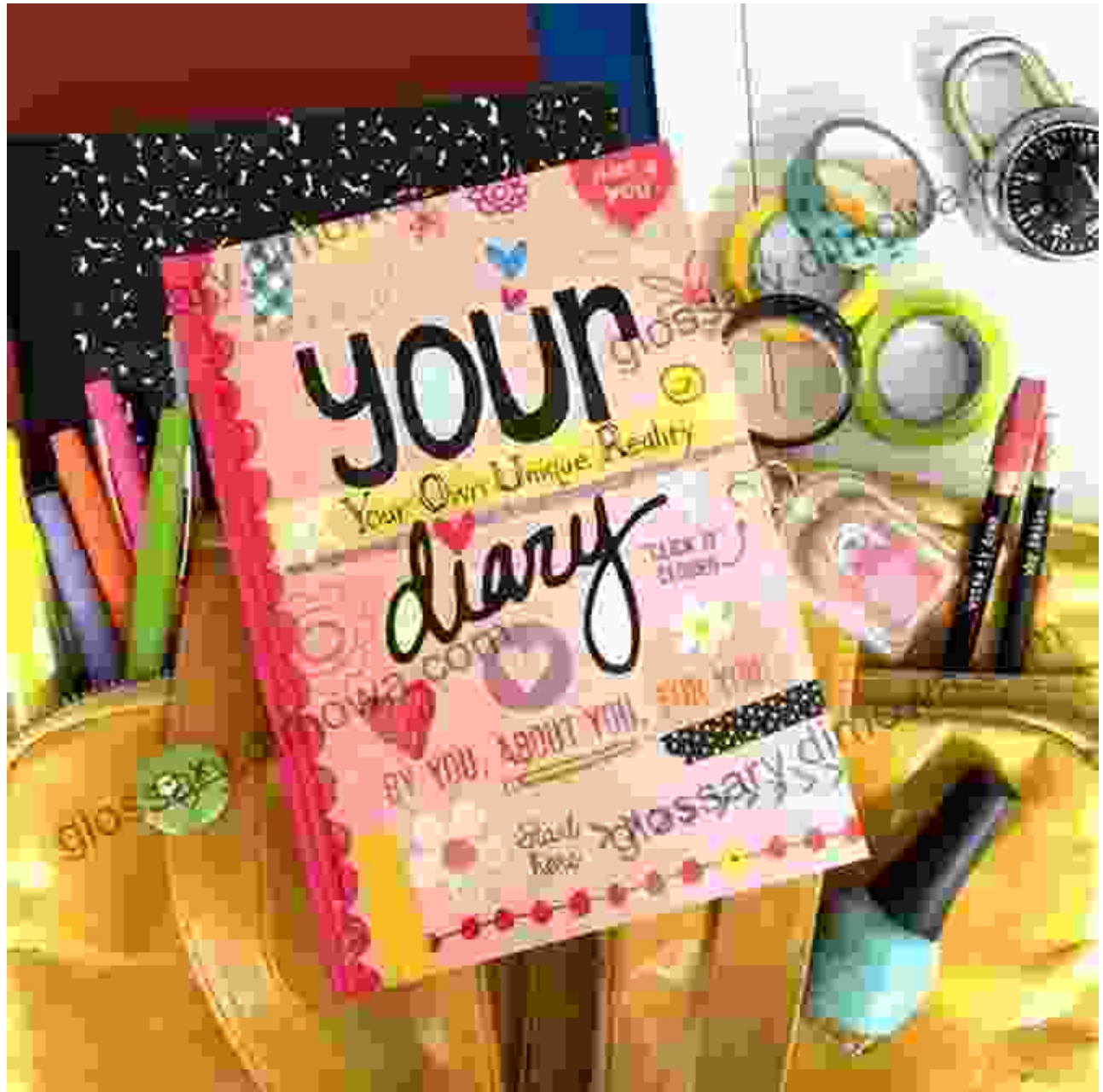


# Brown Girl Diary: A Journey Through Trauma, Identity, and Healing



## A Powerful and Heartbreaking Memoir

In *Brown Girl Diary*, Polly Faber shares her harrowing and ultimately triumphant journey through trauma, identity, and healing. Growing up in a

working-class family in England, Polly was subjected to physical, emotional, and sexual abuse. As a young woman, she struggled to find her place in the world, grappling with depression, self-harm, and addiction.

But Polly was determined to break free from the cycle of pain and abuse. Through therapy, writing, and the support of loved ones, she began to heal the wounds of her past and reclaim her own story.



### **A Brown Girl's Diary** by Polly Faber

★★★★☆ 4.2 out of 5

Language : English

File size : 529 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 63 pages

Screen Reader : Supported



## **A Must-Read for Survivors of Trauma**

*Brown Girl Diary* is a must-read for survivors of trauma, as well as anyone who wants to understand the complex and often invisible scars of abuse. Polly's story is a testament to the power of resilience and the possibility of healing.

Here's what people are saying about *Brown Girl Diary*:

“A powerful and heartbreaking memoir that will stay with you long after you finish reading it.” — Goodreads reviewer

“Polly Faber's writing is raw, honest, and incredibly moving. This is a must-read for anyone who has ever experienced trauma.” — Our Book Library reviewer

“Brown Girl Diary is an important and necessary book. It sheds light on the often-hidden issue of abuse and its lasting effects.” — Book blogger

### **About the Author**

Polly Faber is a British writer and activist. She is the author of two previous books, *My Best Friend's House* and *The Worst Thing*. Polly is a vocal advocate for survivors of abuse and has spoken out about her own experiences in the media and at conferences.

Polly Faber lives in London with her husband and two children.

Follow Polly on social media:

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**Free Download your copy of *Brown Girl Diary* today and start your own journey to healing.**

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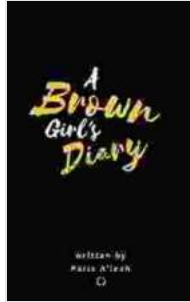
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