

Danielle Sebastian's Best Selling Book Resilient Wives Hits the Amazon Best Sellers List

Danielle Sebastian's Best Selling Book Resilient Wives Chronicles the Difficult Journey to Recovery from Childhood Trauma



Fort Worth, Texas Jul 29, 2022 ([Issuewire.com](https://www.issuewire.com)) - In Author Danielle Sebastian's *Resilient Wives: A Guide for Wives Supporting Their Husband Through Childhood Trauma Recovery*, a **#1 best seller** on [Amazon](https://www.amazon.com), Sebastian masterfully attacks the delicate process of recovering from childhood abuse and the effect it can have on the survivor's future adult relationships.

Over the past seven years, Danielle Sebastian has lived her story as the wife of a childhood trauma survivor experiencing first-hand the breakdown in communication and marital intimacy.

She learned that assisting her husband and effectively helping him recover required her to take a closer look at the way *she* processed and supported what he was going through. Sebastian discovered the hard way her success hinged on taking care of herself first.

This ultimately led to the development of Sebastian's four-step Wife-CARE process. It is the same system she utilizes with her private coaching clients.

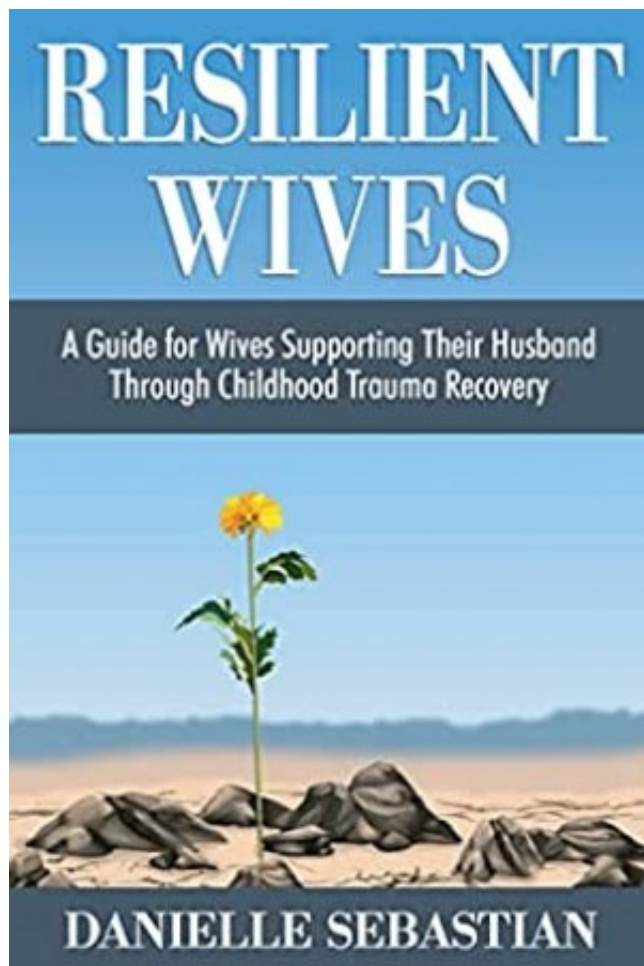
The steps are as follows:

- Comprehending childhood trauma
- Accessing the support you need
- Resilience building through self-care
- Establishing a stronger, healthier relationship

"I was unhappy in my marriage." Says Sebastian. "When I learned that the issues were rooted in my husband's past, we were able to attack the problem together. It was a difficult journey filled with much heartache and pain, but surviving the process saved our relationship and our marriage." Sebastian continues, "My hope is to share the lessons we learned and the experiences that have shaped his continued recovery so that other couples can, hopefully, repair their damaged relationships."

About Danielle Sebastian:

Danielle Sebastian is an author, speaker, and coach. A wife, mama, Montana-girl, pharmacist, and self-care junkie, she is proud to say she and her husband of 12 years are happy, and their relationship is healthy again. She hopes their story will help others in need of healing.



Media Contact

Danielle Sebastian

resilientwives@resilientwivesbook.com

Source : Danielle Sebastian

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