

FROM TRAUMA TO TRIUMPH: New Book Helps Moms Heal While Parenting



Fredericton, New Brunswick Jul 14, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Emily Cleghorn, Trigger Recovery Coach, podcast host, and founder of *Mamahood After Trauma*, has officially launched her latest book, ***Breaking Free: Parenting in the Midst of Trauma Recovery*** — a raw and powerful lifeline for mothers navigating the impossible task of healing their childhood trauma while raising children of their own.

Part story, part guide, and all heart, *Breaking Free* offers trauma-informed tools, personal stories, and real-world practices to help mamas go from surviving to thriving — even when therapy feels like a distant memory and overwhelm is a daily reality.

“This book is for the mama holding it together by a thread. The one who loves her children deeply but feels like her past is always just under the surface,” says Cleghorn. “You are not broken. You’re breaking free — and that matters more than you know.”

Why This Book Matters — Now

With conversations around generational trauma, nervous system regulation, and gentle parenting gaining cultural traction, *Breaking Free* stands out by speaking directly to mothers who are **still in the trenches** — those healing **as** they parent, not before.

Cleghorn draws from her own lived experience as a trauma survivor and mother of two, blending vulnerability with expert insight to walk readers through her Cycle Breaker’s Journey: **Rising, Breaking Free**, and **Moving Beyond**.

She’s on a mission to equip 2,000 mothers with this message by October 30th, and has already launched a quiz and companion workbook to help mamas identify where they are on their healing journey.

About the Author

Emily Cleghorn is a trauma survivor, Trigger Recovery Coach, and the creator of the Mended Mama Method. Through her podcast *Mamahood After Trauma*, now ranked in the **top 10% globally**, she’s helped thousands of women feel seen, supported, and empowered on their journey to healing.

With two published books, a podcast library of over 175 episodes, coaching programs, and a signature quiz funnel, Emily has built a 6-figure brand that serves mamas around the world — and she’s just getting started.

Breaking Free is available now on Amazon in eBook format, with the paperback scheduled for release on July 22, 2025.

Preorder bonuses and a \$257-value **Peace + Power Giveaway** are available for a limited time at mamahoodaftertrauma.ca/breakingfree

Take the healing journey quiz at mamahoodaftertrauma.ca/quiz to find free tools and next steps tailored

to your journey.

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