The Story Behind The Light After

I wrote The Light After because I know what it feels like to survive experiences you once believed might destroy you—and to wonder whether healing is truly possible.

For many years, I carried the effects of childhood trauma, abuse, abandonment, broken relationships, depression, and the pressure to appear strong when I was quietly falling apart. Those experiences shaped how I saw myself, the relationships I entered, and the choices I made. I became skilled at surviving, achieving, and caring for everyone around me, but beneath that strength was a woman still searching for safety, identity, and peace.

This book grew from my decision to stop merely surviving and begin healing. It tells the honest story of confronting the past, breaking unhealthy patterns, setting boundaries, learning to forgive without excusing harm, and allowing faith, counseling, love, and grace to rebuild what trauma had fractured. It is not a story of a perfect or painless transformation. It is a story of choosing the light—one prayer, one truth, one boundary, and one courageous step at a time.

I wrote The Light After for the woman who has spent years being strong for everyone else while silently carrying pain of her own. I want readers to understand that what happened to them may have shaped their story, but it does not have to define their future. Healing is rarely quick or tidy, but it is possible.

My hope is that every reader closes this book feeling seen, less alone, and more willing to believe that there is still life, purpose, peace, and light waiting for them. Your past does not get the final word. There is light after—and you are worthy of finding it.