



Coming Home to the Heart: Transforming Trauma into Infinite Possibilities for Healing

Richa Badami

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In this courageous and deeply inspiring memoir, Richa Badami shares how she overcame the psychic damage inflicted on her for years in the form of sexual abuse that began when she was only a child. Because of cultural taboos that denied her treatment for her trauma, Badami mustered formidable inner resources to engineer her own healing. Through sheer determination, painful step by painful step, she rediscovered her capacity for joy, love, and, most important, an ability to forgive. Coming Home to the Heart traces her path to recovery and a wholesome, fulfilling life, and teaches readers how they can utilize similar transformative tools to help find their own way back to peace.

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