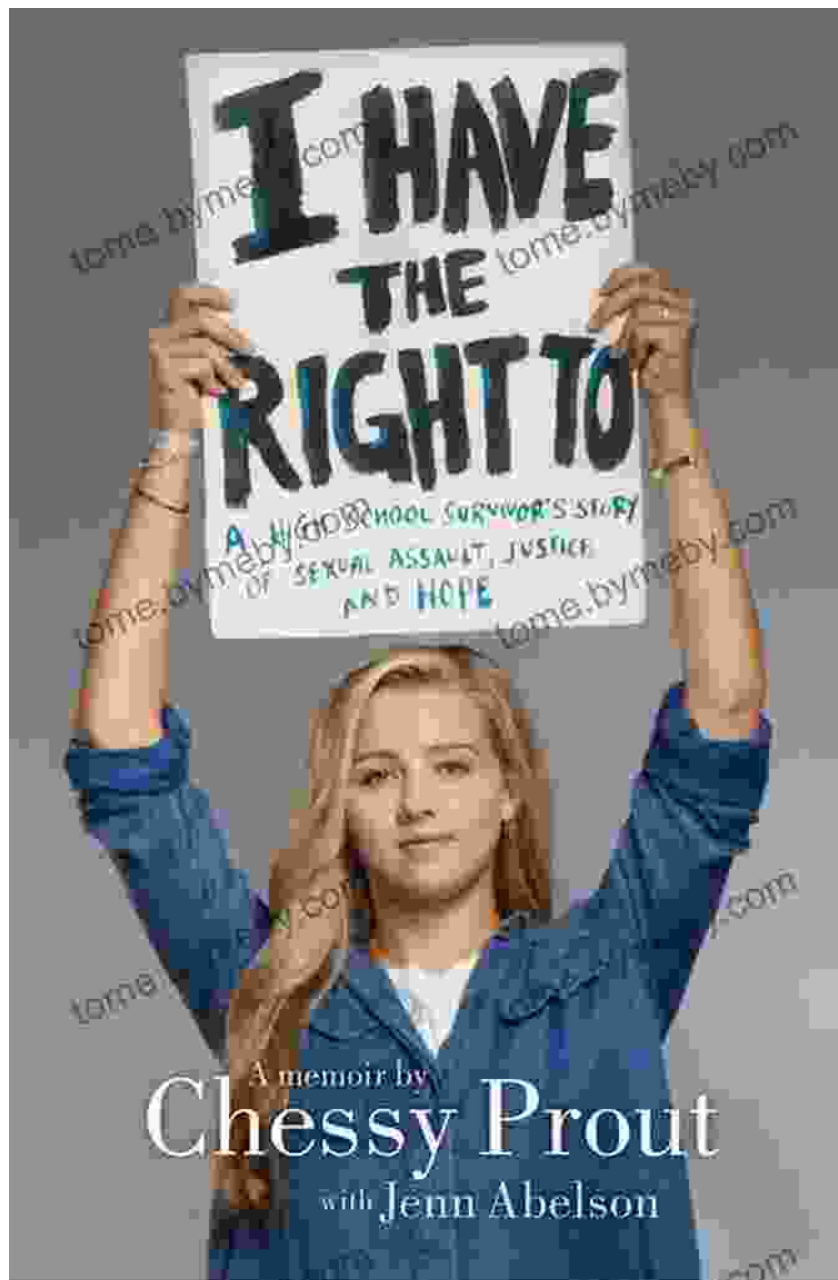


In Deeper Waters: A Haunting Memoir of Trauma, Abuse, and the Power of Survival



Chessy Prout's memoir, *In Deeper Waters*, is a harrowing and ultimately hopeful account of her experience of childhood sexual abuse and its aftermath. Prout writes with unflinching honesty and courage about the

abuse she suffered, the trauma it caused her, and her long journey of healing.

Prout was just 15 years old when she was sexually assaulted by a 30-year-old man. The assault was brutal and left her with both physical and emotional scars. In the aftermath of the assault, Prout struggled to cope with the trauma she had experienced. She felt ashamed, guilty, and alone. She withdrew from her friends and family, and her grades began to slip.



In Deeper Waters by Chessy Prout

★★★★☆ 4.7 out of 5

Language : English
File size : 46452 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 365 pages



Eventually, Prout sought help from a therapist. With the help of her therapist, Prout began to understand the impact of the abuse she had suffered. She learned that she was not to blame for the assault and that she deserved to heal.

Prout's journey of healing was long and difficult. She experienced setbacks and moments of doubt. But she never gave up. She continued to work with her therapist, and she eventually found the strength to confront her attacker in court.

In *In Deeper Waters*, Prout shares her story in the hope that it will help others who have experienced sexual abuse. She wants to show survivors that they are not alone and that there is hope for healing. Prout's memoir is a powerful and important book that will resonate with anyone who has experienced sexual abuse or trauma.

Praise for *In Deeper Waters*

"Chessy Prout's memoir is a harrowing and ultimately hopeful account of her experience of childhood sexual abuse and its aftermath. Prout writes with unflinching honesty and courage about the abuse she suffered, the trauma it caused her, and her long journey of healing. *In Deeper Waters* is a powerful and important book that will resonate with anyone who has experienced sexual abuse or trauma." — ***Publishers Weekly***

"Prout's memoir is a powerful and moving account of her journey from victim to survivor. Her story is both heartbreaking and inspiring, and it will give hope to anyone who has experienced sexual abuse." — ***Booklist***

"Chessy Prout's memoir is a must-read for anyone who has experienced sexual abuse. Her story is a powerful reminder that we are not alone and that there is hope for healing." — ***RAINN***

About Chessy Prout

Chessy Prout is a survivor of childhood sexual abuse. She is the founder of the Chessy Prout Foundation, which supports survivors of sexual abuse. Prout has spoken out about her experience in the hope that it will help others. She has appeared on national television and radio programs, and she has testified before Congress about the need for better laws to protect children from sexual abuse.

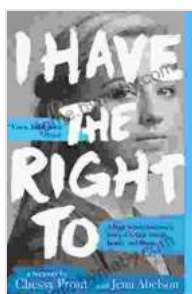
Prout is a graduate of Dartmouth College and the University of Pennsylvania Law School. She is currently a practicing attorney in New York City.

Resources for Survivors of Sexual Abuse

If you or someone you know has been sexually abused, there are resources available to help. The following organizations provide support and services to survivors of sexual abuse:

- RAINN
- Childhelp USA
- The National Domestic Violence Hotline
- Safe Horizon

You are not alone. There is help available. Please reach out to a trusted friend or family member, or contact one of the organizations listed above.



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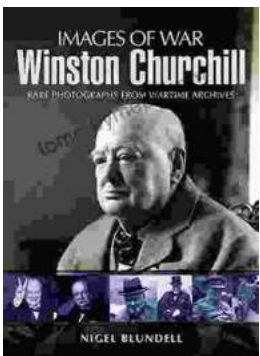
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