



ABOUT THE COVER

I chose a lotus flower for the cover of *Beyond Trauma* because the lotus can be a meaningful symbol for women's recovery. Although it grows with its roots deep in the mud, the lotus rises from the muddy waters and emerges pure and unblemished. It unfolds gradually, one petal at a time, to blossom in the sunlight. The mud can symbolize murky beginnings or the darkness of trauma. The water can symbolize experience and a transition to healing and recovery. The lotus can symbolize the purity of the soul, rebirth, spiritual awakening, and enlightenment. For thousands of years, the lotus has been associated with profound change.

I see the lotus as the symbol of a woman's healing and recovery. Making the shift from trauma to healing is a transformational experience. When a woman makes this shift, she is able to say, "Who I am today is not who I was." The elegant and beautiful lotus flower that emerges from the mud is the beautiful woman within.