



# Audrey Yagalla

## Testimonials

*Out of the Shadows is an autobiography written by Audrey Yagalla. It describes how her entire adult life was shaped by sexual abuse involving a Catholic priest when she was a young girl. The abuse and its aftermath is described in great detail. Audrey goes on to explain how her beliefs and life were negatively impacted long after the abuse ended. This book serves a greater purpose than a typical autobiography. It offers hope, help, and support for other victims of sexual exploitation. Audrey's story can be used as a resource for support of abuse victims. It is full of wisdom and insight only gained from years of soul searching and therapeutic intervention. This book is a must read!*

PM



*Often true power is experienced by those who have gone through an arduous journey. This is a powerful and heartfelt David and Goliath story that will inspire hope for anyone who has experienced any form of abuse and the violation of trust. From the ashes of pain a mighty Phoenix can emerge.*

*Steve Ahnael Nobel, author, spiritual mentor, and the creator of Soul Matrix Healing.*

Steve Nobel

[The Soul Matrix](#)



*As one who has worked with women for the past 30 years, I found *Out of the Shadows*, a very inspiring book. At the beginning of my career, women had normalized abuse. The words, sexual abuse, were not even in the vocabulary. Such actions by men were really considered, 'boys will be boys' and no thought given to the impact it had of the girls and women involved.*

*Audrey Yagalla had the courage to write her story and then to send it out into the world. May the rising up of voices such as Audrey's bring an end to our current cultures of rape, female discounting, and men believing that they have a 'right of ownership' over the female body.*

*.....continued*

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## Testimonials...continued

*I am quoting some of her words that caused me to shout, "YES!" We need her insights in our lives today.*

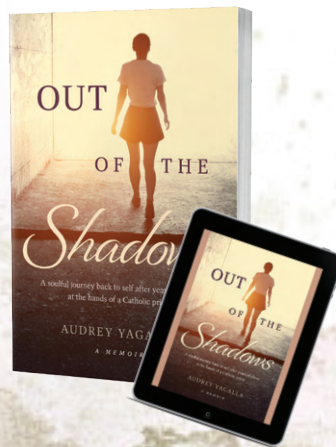
*"I offer this book to the ones who live within the shadows of their past. It is time to come out from hiding and rise like the light that you are destined to be. I offer you strength as you read and may anything that triggers you be easily and gracefully released fully for you to stand in your sovereignty."*

*To those who continue to fight against the injustices that have plagued humanity, I commend you for your steadfastness in creating the changes. Thank you for speaking your truth. Thank you for standing up in solidarity creating the changes you wish to see in the world."*

*"Yes, I choked all of this and so much more down. I suppressed the truth both literally and figuratively. The chokehold on the very core of my being had led to absolutely nothing fruitful in more than five years of hellish torment."*

Sharon Riegie Maynard

Founder of [Sacred Ground Collective](#) and the [TAG Galactic System of Transformation](#)



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