



# CINDY BENEZRA

## About Cindy Benezra

Behind the accomplished author, speaker, entrepreneur, philanthropist and advocate is a sexual abuse victim that is passionate about bringing awareness to the impact of sexual trauma through meaningful conversations and system-changing discussions.

Known for her strength and compassion, Cindy Benezra bravely faces the sensitive topic with courage and resilience, having a deep and personal understanding of how sexual abuse affects every aspect of a person's life and a genuine care for those who have walked a similar path. She is well versed on and speaks to the many different avenues for healing from trauma since she put in years of therapy and uncovered countless self-help techniques.

Her charge is to break the chains of trauma while also breaking the cycle it can create. Her hope is to reveal the truth as well as the path to forgiveness, healing and freedom.