



CINDY BENEZRA

Book Description

An Inspirational Story of Bravery and Strength

An American teenager living in Spain, she's rocked by nightmares revealing dark secrets. Her childhood is being rewritten at night and everything she thought she knew about herself is wrong. She must rediscover who she is in light of the revelations.

As a young girl, Cindy endured years of abuse at the hands of her father. From the outside, their family seems to have it all together. Their middle-class, respectable family image hid the dark secrets of Cindy's childhood. As the truth surfaced, her mother scrambled to deal with the abuse within the confinements of the 1970's mindset of women and abuse. As an adult, Cindy seeks freedom from her past while also dealing with her mother's death, divorce, and her son's ongoing health crises. Despite her father's unthinkable violation, Cindy cared for him as an old man facing his mortality. In his final years, she interviewed her dad, chasing his guilty confession before it's too late.

A deeply moving memoir, *Under The Orange Blossoms* is a story of overcoming unthinkable trauma, and creating a life of hope, love and purpose. In a world where abuse is often silenced, Cindy confronts paralyzing fears head on and speaks to the most sensitive points of abuse. Her book blends a harrowing account with self-help practical tools for healing from trauma. Her courageous approach to healing offers hope that healing is attainable no matter how big the obstacle is.

