

“Cindy is living proof that you are not your abuse, trauma, or story. It’s what happened to you, but it doesn’t define you. *Under The Orange Blossoms* is a must read.”

— Angela Schellenberg, Writer, Speaker and Mental Health Trauma Therapist, LMHCA

# CINDY BENEZRA

Cindy’s life is no stranger to trauma; it has weaved its way into every path she has traversed. Her journey has been unbearably rocky, yet despite the daunting hurdles she’s encountered, hope, healing and forgiveness has become her inner foundation, offering a new way forward for her and others impacted by trauma as well.

The missing tools she sought at a young age have become her life’s mission today, where she offers necessary resources for those looking for a hand to help loosen trauma’s grip. Cindy, an author, inspirational speaker, entrepreneur, and sexual abuse advocate, has channeled her experiences into a platform called CindyTalks, fueled by her memoir, *Under The Orange Blossoms*.

Recognized for her resilience and compassion, Cindy is driven to raise awareness about sexual abuse through meaningful dialogues. Fearlessly, she confronts this sensitive subject with unwavering courage. Cindy possesses an intimate understanding of how sexual abuse permeates every facet of a person's life. Having undergone years of therapy and self-help practices, she possesses comprehensive knowledge of various avenues for healing from trauma.

Additionally, as the co-founder of a high-end event company, Cindy devotes significant time to crafting exquisite settings for some of life's most significant occasions. Her keen eye for style and design has garnered numerous accolades and features for Elite Events. Presently, Cindy and her husband reside in Seattle, Washington, where they raise their four adult children.



## An Inspirational Story of Bravery and Strength

Orange orchards became Cindy's sanctuary amidst the chaos of her tumultuous childhood. In times of distress, she would run to her orange trees, finding solace and refuge in the citrus-scented aromas. There, she could nearly taste freedom. Even today, a mere whiff of an orange's aroma transports her back to those momentary reprieves from the trauma that haunted her.

*Under the Orange Blossoms* is her honest memoir uncovering the cycles trauma can create and the healing found then hope is embraced. Stories matter and endings can always be rewritten. But it's in sharing our stories where change is possible, forgiveness is uncovered and new narratives are drafted.

*"The book is emotionally moving, touching, and will leave you in a state of silence. Appreciating a normal life, seeing how someone else overcame impossible battles, and ultimately giving strength to those seeking it in a dark world. An awesome read."*

— Karrie, Vine Voice



**Inspire your group, organization or team with Cindy's captivating story of healing, forgiveness and hope.**

Through her powerful keynote addresses, engaging speaking engagements and meaningful partnerships, Cindy shares her transformative journey of breaking free from the grips of trauma.

Her story will leave a lasting impact on your community, fostering empathy, resilience and a drive for positive change.

CindyTalks™