

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.

Under the Orange Blossoms



“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

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.

