



## Preface

Excerpt From  
*Out of the Cocoon: A Young Woman's Courageous Flight  
from the Grip of a Religious Cult*  
[www.outofthecocoon.net](http://www.outofthecocoon.net)

Everyone has a story to tell, but few people are willing to share their private lives with the rest of the world. It's difficult to expose your past and dissect it under a microscope, knowing how terribly the truth can hurt—not only yourself but also those you love. Nevertheless, sometimes a story must be told.

Although this is a personal account about losing my childhood to a religious cult, searching for acceptance, and eventually triumphing over adversity, I believe it will mirror parts of *your* life as well, steadily drawing you in. Your own fears, strengths and dreams will be revealed, perhaps in ways you never imagined...

Have you ever wondered why one person can take a monumental obstacle in stride, such as cancer, while another completely self-destructs over something as insignificant as waiting in line at a store? We all have decisions to make when we encounter adversity in our lives: "How will I handle this?" Circumstances don't control us. Our attitude does.

I learned at the tender age of nine that while I could not readily change the hostile world I saw around me, I could change the world *within* me. Like a pupa, I embraced my metamorphosis. When I felt alone, depressed, and even desperate, I took pen in hand and opened my heart. Writing wasn't just therapy, it was my savior.

I believe the difference between a person's choosing life over death, loving over hating and nurturing over destroying depends on two things: hopes and dreams. Hopes and dreams are the catalysts for positive thinking and the anchors for human survival.

As you relive my story, I will take you through the darker recesses of my life to emerge with me *Out of the Cocoon*. Through this transformation, I have acquired a certain degree of redemption and peace. I have found the courage to face my demons, my past.

If you look into the depths of your past—into your very heart and soul—I'm certain you will unearth the treasures in you that are just waiting to be discovered. Whatever you do, don't be afraid to lay claim to what you deserve and take flight. *You* are worth it...(continued)