



If You Think You Deserve It: A True Story of Childhood Abuse, Cellos and Chocolate Shops

Annabella Duff

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UK Life Coach Annabella Duff reveals her secret to overcoming her lifelong low self-esteem, chronic negative self-talk and the heartbreaking experience of her own childhood sexual abuse. She charts her memories as a young child, being sexually abused by her grandfather and uncovers the mental and sexual abuse she received later on in her life. After becoming a workaholic and a single mum of two, these experiences took their toll and plunged her into a destructive breakdown. Through terrifying poltergeist activity, delicious chocolate making, physical and mental exhaustion and the eventual realisation that she had actually created her 'wreckage' herself, she re-builds her life having changed her core beliefs back to their 'factory settings', breaks her negative thinking patterns and lives with inner peace as a successful Life Coach in rural Wales.

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