



# Fresh Out Of Hell: Escaping the Negative Influences of Toxic Parenting

*Alyson Kay*

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## **Fresh Out Of Hell: Escaping the Negative Influences of Toxic Parenting** Alyson Kay

Imagine blindfolding a child, shackling their feet, attaching a millstone around their neck and then sending them out to function and find their place in the world. This shocking scenario illustrates what its like to live with the repercussions and long term effects of childhood emotional abuse, a hidden yet pervasive malady currently affecting millions of adult survivors. In "Fresh Out Of Hell," Alyson Kay candidly shares her challenging journey out of the hell of emotional chaos and negative parental programming, into a new world of wholeness. It is her hope to help and encourage others with her story.

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