



# Silent Screams from the Hamptons

*Christa Jan Ryan*

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## **Silent Screams from the Hamptons** Christa Jan Ryan

Suppressed rage, fear, injustice, and passion-the silent screams associated with the Disease of The Family of Origin. Christa Ryan takes readers on a roller coaster ride, offering them many places to find their own identities. She sorts through her past, showing how one episode after another contributed to the chaos of her adult life. She recounts how she matured into better person rather than perpetuate the victim cycle. Her candid storytelling reflects how actions are so tragically linked to this Disease of The Family of Origin and how patterns of hurts, hang-ups, and habits are carried forward into the next generation. Christa was able to break this cycle through the powers of willingness, love and forgiveness. In this remarkable story, she encourages readers to face and overcome the silent screams of their everyday struggles.

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