

For 27 years I was able to compartmentalize my abortion. I thought I was doing a great job until my life came to a screeching stop with debilitating panic attacks. I still couldn't make the connection until my family physician suggested that I might have a post traumatic syndrome. What could that be? My life had been great ...a successful career, good marriage and family. What could this be??? It wasn't until I went into therapy that I made the connection. I had never dealt with this trauma because to me it was such a shameful thing so I buried it. Now it had finally caught up to me. I wish I had had the help of Project Rachel years ago. It has saved the rest of my life.