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**Bud Mikhitarian**

# MANY FACES ONE VOICE

**Secrets from  
THE ANONYMOUS PEOPLE**

Foreword by Greg Williams, Director of the award-winning  
documentary *The Anonymous People*



# Many Faces One Voice Secrets From The Anonymous People

**Sabine Zange**



## **Many Faces One Voice Secrets From The Anonymous People:**

*Many Faces, One Voice* Bud Mikhitarian, Greg Williams, 2015-05-12 A vital record of the lives and testimony of brave people who have come out of the shadows of anonymity

*Parents in Recovery* Sarah Allen Benton, 2024-10-15 For parents in recovery PIRs the process of recovery is so much more than just stopping drug and alcohol abuse Parents facing these challenges will feel understood and supported Booklist I am just like other parents except Parents in Recovery is not a book about how to parent It is also not a book about how to get sober Instead it is meant to be a guide for parents in recovery PIRs from substance use disorders that provides insights and strategies for coping with the many unique and not so unique challenges they may face It is also intended to give the loved ones and families of PIRs an inside look at this world and explain why certain changes and behaviors are necessary to maintain long term recovery Each chapter is an integration of research the voices of parents in recovery input from addiction treatment experts parent recovery wisdom suggestions and the author's past journal accounts This guidebook can support mothers and fathers in navigating their way through parenting with a sober lifestyle which includes physical emotional social spiritual behavioral environmental and vocational wellness It is written for those who have embraced sobriety before during or after becoming a parent and can serve as a job aid on this journey Key topics include love and marriage family systems work and life balance self care parenting types sober socializing coping with hard times mental health and recovery pride This book also addresses modern day challenges including the use of electronics social media career identity social trends non traditional parental roles and living in a post COVID 19 pandemic world While many parents feel shame associated with aspects of their addiction this book emphasizes the gifts and accomplishments of being in recovery and how they positively impact the entire family system

**I Don't Know What to Believe** Ben Kamin, 2016-02-01 Americans especially young people are more unchurched and less affiliated with organized religion than at any other time in our history I Don't Know What to Believe addresses that decline and presents an insightful examination of authentic spirituality for those who desire answers guidance and perspective regarding an important aspect of their lives their beliefs and relationship to a higher power Rabbi Ben Kamin addresses questions he has received from real people over the thirty years of his ministry such as Why does my parents religion have to define me Am I God's child even if I don't go to religious services Does scripture include me in its ideology regardless of how much scripture I know How do I follow my own spirituality while still respecting my parents traditions Ben Kamin is the award winning author of ten books and is a scholar on the life and work of Dr Martin Luther King Jr He has led congregations in Toronto New York Cleveland and San Diego since his ordination in 1978

*Dirt Roads and Diner Pie* Shonna Milliken Humphrey, 2016-07-11 Against a backdrop of highways diners and cheap coffee one couple finds peace through the redemptive power of love Told from a wife's perspective Dirt Roads and Diner Pie is the story of one couple's struggle to confront the long reaching effects of childhood sexual abuse Musician and former lead singer of the United States Air Force Band Travis James Humphrey lived for thirty

months in a culture of childhood sexual abuse while studying at New Jersey's prestigious American Boychoir School After his tenure Travis buried his memories deep Years into the marriage these memories began to surface and threaten their relationship In an effort to resolve the problems Shonna and her husband hit the road and navigated their way through the treacherous terrain of mental illness sexual dysfunction and shame She details their journey within a month long road trip throughout the southeastern United States taken shortly after Travis made his experience public While the effect of child sex abuse informs nearly every aspect of their shared life it does not define their relationship That is the message Shonna offers Sexual trauma may dominate but it need not define the relationship Shonna Milliken Humphrey's nonfiction has appeared in the New York Times the Atlantic Salon com Down East and Maine magazine For two years she wrote regular food restaurant and lifestyle columns for the Maine Sunday Telegram She holds an MFA in Nonfiction Writing and Literature from Bennington College

*The People's Bible* Joseph Parker,1891      **The People's Bible: Isiah XXVII-Jeremiah XIX** Joseph Parker,1891      *The People's Bible: Isaiah XXVII-Jeremiah XIX* Joseph Parker,1891      **Musical Record and Review** Dexter Smith,Lorin Fuller Deland,Philip Hale,Thomas Tapper,1881      **The London Journal: and Weekly Record of Literature, Science, and Art** ,1877      **The Current Digest of the Soviet Press** ,1987      **The People's Bible: Matthew I** Joseph Parker,1881      *The Saturday Evening Post* ,1926      The Chautauquan ,1881      **The Christian Advocate** ,1907

*Christian Union Herald* ,1903      *The Shamrock* ,1871      Ladies' Home Companion ,1912      The Farmers' Advocate and Home Magazine ,1926      **The Index** ,1884      **The Index ...** Benjamin Franklin Underwood,1885

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