

THE LEGACY

HE LEFT ME



About The Book

ACEs: *Adverse Childhood Experiences.*

This clinical term was brought to life for Lovern Gordon as she grew up on the island of Trinidad in the 1980's. Her mother, affectionately dubbed Mummy, suffered mental and physical abuse at the hands of her emotionally detached father, Lloydie. Lovern, her younger siblings, and Mummy were able to migrate to the United States in the late 1990's. Even though she had vowed she would never become a victim, based on what she had witnessed as child, a sinister romantic partner would repeat the trauma of Lovern's past in her own adult relationship.

Rising from the ashes of these two severe domestic violence situations, Lovern established her own awareness foundation in 2011. Through her advocacy work at Love Life Now, she educates the masses around the issue of abuse, as well as how to become part of the solution and provides resources to victims and survivors. The organization helps victims thrive after leaving toxic situations, just like Lovern now thrives everyday thanks to her strength, positivity, and perseverance, despite the legacy of abuse left by her father.



The Legacy He Left Me

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Love Life Now Foundation

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