

From Sh*t to Sunshine by Raylynn Van Oort



- **Title, Author(s), and publication data**

- From Sh*t to Sunshine: A memoir
- Raylynn Van Oort
- Sprig of Hope
- Publication Date: 2024
- Page Count: 326

- **Book description**

- Raylynn Van Oort was horror-struck the day she was arrested. Most people would consider it the worst day of their lives. For her, it marked the beginning of her freedom. She was finally safe from an evil narcissist who inflicted years of physical, psychological, sexual, and spiritual abuse. Brainwashing and fear gripped her heart for almost 30 years. From the age of four, a controlling, adoptive dad ravaged Raylynn's innocent mind and stripped her connection with her deceased birth father. Her turbulent childhood filled with trauma and emotional wounds primed her for manipulation. Raylynn's chance encounter with a charismatic preacher and politician turned her life upside down. What began as a mission from God descended into madness, at the hands of a charming prophet who morphed into a monster. Yet, walking through the gut-wrenching pain allowed her to discover the depths of her human resilience. Toxic thought patterns were stripped away allowing her to break free of the intense mental anguish. Her hard-won wisdom provides hope for anyone longing to walk in wholeness after trauma. Her memoir is an intense,

yet uplifting story that is shocking, emotionally raw, and spiritually enlightening. This is a tale of hope, inner strength, and the power of faith. It will surely stay with readers long after it's read.

- **Author bio, credentials and ministry description**

- Raylynn Van Oort was born in San Diego but raised in Montana where she currently resides with her husband Daryl, and two cats who run the household. Their blended family includes four children, their spouses and nine grandchildren. Disability advocacy was her passion and work for over 10 years. Her life-changing health transformation sparked her desire to become a health coach. She supports others in attaining freedom from obesity and the physical and emotional mismanagement that caused it. Now an author and motivational speaker, Raylynn's raw, redemptive story offers a rare insider perspective of survival and liberation to help others trapped in toxicity. Gold nuggets of wisdom were forged in the painful fires of her story proving hope for anyone longing to walk in wholeness after trauma. Raylynn is known for her loud, joy-filled laughter and hugs her way into everyone's heart.

- **Pertinent reviews**

- 5 stars with 18 ratings on Amazon

- **Link to audiobook and eBook if available**

- Available on Audible

- **For an immediate soft or hard cover of the book, contact Nicolas Van Oort at Bigfork Chapel and pay Raylynn via VENMO**

- **Discussion Guide**

- Which scripture verse spoke to you from the book and why?
- In what ways are you able to relate to Raylynn's life?
- Of all the experiences told in this story, what will stay with you the most?
- What was your relationship like with your mother or father?
- Has reading this book changed you in any way? If so, how?
- Did you find anything inspiring about Raylynn's story?
- Who in your life should read Raylynn's story and why?
- What did this book reveal to you about God?
- What coincidences have you experienced that you see now may have been "God incidences? When you feel helpless or afraid, do you turn to God and pray? If not, what do you do?"