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Bereavement,
Trauma & Abuse 3.4

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Bereavement, Trauma & Abuse

3.4 

Title: **Breaking Free**

Author(s): **Ainscough & Toon**

Publisher: **Sheldon Press**

Year: **2000** ISBN: **0859698106**

Aimed at adult survivors of childhood sexual abuse, this draws on some of their personal experiences. It gives information about sexual abuse, the impact it can have and the ways in which survivors can start to manage the problems that it causes. It aims to help survivors think about their experiences and feelings in a different way and to begin to work through their difficulties. It includes sections on:

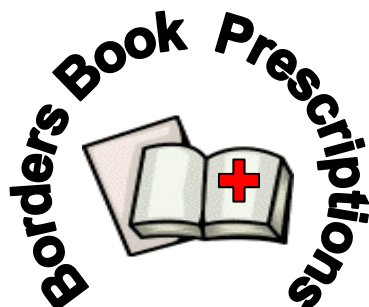
- Sexual abuse changes lives
- “It must have been my fault”
- Tackling the problems
- Feelings towards others
- Breaking free

296 pages but worth persevering with.

Readability:



Cover Price: **£14.99**



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