



Breaking Free: Help for survivors of child sexual abuse (Insight)

Carolyn Ainscough

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This manual is designed to help survivors of child sexual abuse. It updates the first edition, and investigates all the effects of child sexual abuse, which often persist into adult life - guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems. It includes discussion of false memory syndrome and female abusers, and draws on accounts of survivors who want their voices to be heard, offering a positive and optimistic approach to help survivors break free from the past.

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