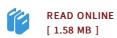




Adult Children of Abusive Parents: A Healing Program for Those Who Have Been Physically, Sexually, or Emotionally Abused

By Steven Farmer M. A.

Earth Magic, Inc. Paperback. Condition: New. 236 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. This groundbreaking book, first issued in 1990, continues to offer hope, healing, and guidance for recovering from childhood abuse. In the intervening years there has been increasing awareness of childhood abuse and the lingering effects that are carried over into adulthood. While the instinctual and adaptive survival responses to such treatment worked well enough to enable you to get through childhood, as an adult youre no doubt finding how problematic some of these thoughts, feelings, and behaviors can be. Whether the abuse was physical, sexual, emotional, or consistent neglect, there was always a component of emotional abuse that left invisible scars. Although emotional abuse is in a category by itself, it is also a component of any other kind of abuse. Some of the challenges for adults abused as children include inability to feel or trust, relationship problems (including difficulty with intimacy), depression, eating disorders, and alcohol or drug abuse. A history of childhood abuse is not a life sentence. As adults, we still have the tremendous strength and resourcefulness that got us through those early years and these assets can now be put to use in...



Reviews

It is an incredible book which i actually have ever go through. it had been writtern extremely completely and helpful. You can expect to like the way the blogger publish this book.

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