



Repressed Memories: A Journey to Recovery from Sexual Abuse (Fireside Parkside Books)

Renee Fredrickson

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Millions of adults were sexually, physically or mentally abused as children, and the road to wholeness as an adult is often long and painful. This book provides the encouragement for today's adults to help themselves overcome the impact of their tragic childhoods. The author uses case histories to end the victims' apparent isolation and shows the way to increasing their self-esteem, enabling them to lead happier, more productive lives.

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