



# Surviving Childhood Sexual Abuse: Practical Self-help For Adults Who Were Sexually Abused As Children

*Carolyn Ainscough, Kay Toon*

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## **Surviving Childhood Sexual Abuse: Practical Self-help For Adults Who Were Sexually Abused As Children** Carolyn Ainscough, Kay Toon

Understanding the past-and breaking free from it-is the key to surviving childhood sexual abuse. This book can help ease the journey, with discussions of the damage caused by abuse; anxiety, fears, and nightmares; depression and low self-esteem; eating disorders and negative body image; feelings toward the abuser, and how to overcome problems and work toward prevention.

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