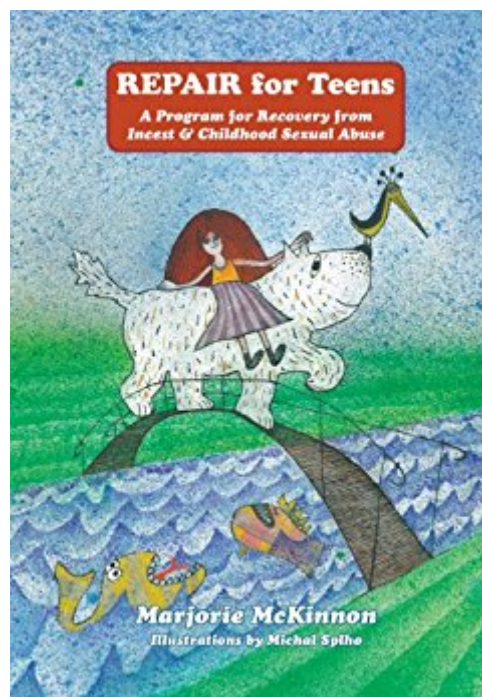




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REPAIR For Teens: A Program For Recovery From Incest & Childhood Sexual Abuse (The Lamplighters Book 5)



Synopsis

R.E.P.A.I.R. is a Six-Stage Program for abuse survivors that will transform your life forever! * [R]ecognize and accept your adult problems stemming from childhood sexual abuse. * [E]nter into a commitment to transform your life. * [P]rocess your issues with tools and techniques that will enable you to become healthy. * [A]wareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became. * [I]nsight into the complete picture helps you begin to return to what you were prior to being sexually violated. * [R]hythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are. REPAIR for Teens recognizes the unique issues confronting adolescent abuse survivors including peer pressure, difficulties with school, acting out, the urge to self-soothe with cutting or unhealthy eating behaviors, running away and the possibility of living with an abuser in the family. Remember, 1 in 4 girls and 1 in 6 boys have been sexually assaulted by the age of 18. No teenager should be alone in trying to sort out their life after sexual abuse. Therapistsâ™ Acclaim for REPAIR Your Life "Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey."--Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse "Anyone wanting to recover from the life-long trauma of childhood sexual abuse will benefit from this book."--Marcelle B. Taylor, MFT "This program just has to work, because whether intuitively or through research, Marjorie McKinnon has assembled a highly effective program of recovery."--Bob Rich, PhD, www.anxietyanddepression-help.com Please visit www.TheLampLighters.org for more information or to find a group in your area. Special editions available for young people: ask your bookseller for âœREPAIR for Kidsâ• and âœREPAIR for Toddlersâ•. Another life-changing title from Loving Healing Press www.LHPress.com SEL001530 Self-Help : Abuse âœ Sexual SEL029000 Self-Help : Twelve-Step Programs

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Customer Reviews

If you or someone you know has suffered from sexual abuse than you have to read and work through this book. Or if you want to understand what a victim of sexual abuse goes through this is a good book to get you started. Recovery is a process, it doesn't happen just because the abuse has stopped, this book is step-by-step help for someone to get through the process and become who she wants to be.

I bought this book for a family member and so I am hoping that she will find it helpful. I told her to show it to her therapist and see what parts might be most useful. I am very glad you had this book available.

There is nothing like an event happening in your life that seems to strip away your power and make you feel less than. For those who have suffered with abuse in silence they may have felt shame, alone and unworthy of love. In her new book REPAIR FOR TEENS Marjorie McKinnon shows that it is not only possible to move forward but you are not alone in the situations they you face. This book helps us to see not only the impact that abuse can have on a child, but the long road that may lay ahead for coming to terms with the abuse and knowing that there are others out there willing to help you through the process. I see this publication as an invaluable resource because it really comes to the heart of how you can take back the power over your life and not keep it in the hands of the one who betrayed you. The book also helps you to know that the abuse does not have to be the defining moment or event in your world. You can move on and in many cases forgive the abuser, knowing that control is back in your hands and you are the one that will determine how far you will go in your

life.REPAIR FOR TEENS is just the thing abuse survivors of all ages need in order to take advantage of the healing that is available. It all begins, however, with the realization of more being possible for you and your best days still being ahead of you not behind.

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