



How Long Does it Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families (Jossey Bass Social and Behavioral Science Series)

Cynthia L. Mather, Kristina E. Debye

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Written by an incest survivor for future survivors, this step-by-step guide speaks directly to sexually abused teenagers. This book will help teenagers come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt.

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