



## Breaking Free: Help for survivors of child sexual abuse (Insight)

*By Carolyn Ainscough*

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**Breaking Free: Help for survivors of child sexual abuse (Insight)** By Carolyn Ainscough

This manual is designed to help survivors of child sexual abuse. It updates the first edition, and investigates all the effects of child sexual abuse, which often persist into adult life - guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems. It includes discussion of false memory syndrome and female abusers, and draws on accounts of survivors who want their voices to be heard, offering a positive and optimistic approach to help survivors break free from the past.

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## **Breaking Free: Help for survivors of child sexual abuse (Insight) By Carolyn Ainscough Bibliography**

- Sales Rank: #2526687 in Books
- Published on: 2000-04-14
- Released on: 2000-04-14
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .73" w x 5.50" l,
- Binding: Paperback
- 320 pages

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### **Editorial Review**

#### **About the Author**

Carolyn Ainscough is a clinical psychologist who has dedicated herself to helping survivors of sexual abuse through support groups and one-on-one counseling. Kay Toon is a clinical psychologist who has dedicated herself to helping survivors of sexual abuse through support groups and one-on-one counseling.

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