



Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors

Carlton Munson, Sandra L. Knauer

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Explore the connection between sexual victimization, addiction, and compulsive behaviors! This book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. Anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors described herein. The information in *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships. Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction. *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* examines issues that survivors often have regarding:

- trust and friendship
- sexuality and sexual addiction
- marriage and family
- religious addiction as opposed to spirituality
- alcohol and substance abuse
- workaholism
- weight issues and eating disorders
- violence as the result of shame, fear, and depression caused by abuse

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors is more than a litany of the problems that survivors face. This valuable work will show you:

- HOW the survivor came to employ addictive or compulsive behaviors
- WHY the survivor continues to employ these self-abusive behaviors despite the pain caused by the addiction
- WHAT the survivor needs to do to aid recovery
- WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors

With its complete bibliography and up-to-date information on sexual abuse, addictions, and compulsive behaviors, *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.

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From reader reviews:

David Betancourt:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite guide and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors. Try to make book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors as your good friend. It means that it can be your friend when you feel alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know every little thing by the book. So , we need to make new experience in addition to knowledge with this book.

James Soltero:

Book is to be different for every grade. Book for children until finally adult are different content. As we know that book is very important for people. The book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors was making you to know about other know-how and of course you can take more information. It is quite advantages for you. The e-book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors is not only giving you much more new information but also for being your friend when you truly feel bored. You can spend your current spend time to read your e-book. Try to make relationship with all the book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors. You never really feel lose out for everything in case you read some books.

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Reading a publication tends to be new life style with this era globalization. With reading through you can get a lot of information which will give you benefit in your life. Using book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Many author can inspire all their reader with their story or perhaps their experience. Not only the storyline that share in the guides. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on earth always try to improve their skill in writing, they also doing some research before they write with their book. One of them is this Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors.

Philip Brown:

A lot of people said that they feel uninterested when they reading a guide. They are directly felt the item when they get a half areas of the book. You can choose often the book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors to make your own personal reading is interesting. Your own personal skill of reading proficiency is developing when you similar to reading. Try to choose

basic book to make you enjoy you just read it and mingle the idea about book and reading especially. It is to be initially opinion for you to like to wide open a book and examine it. Beside that the guide Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors can to be your brand-new friend when you're truly feel alone and confuse in what must you're doing of this time.

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