



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:

Linda Hill:

Often the book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors will bring someone to the new experience of reading a book. The author style to spell out the idea is very unique. Should you try to find new book you just read, this book very suited to you. The book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors is much recommended to you to study. You can also get the e-book from your official web site, so you can quickly to read the book.

Randall Rearick:

Spent a free time to be fun activity to try and do! A lot of people spent their free time with their family, or their very own friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the publication untitled Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors can be good book to read. May be it might be best activity to you.

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Some people said that they feel bored when they reading a publication. They are directly felt this when they get a half elements of the book. You can choose the book Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors to make your own reading is interesting. Your current skill of reading ability is developing when you just like reading. Try to choose easy book to make you enjoy to see it and mingle the opinion about book and reading through especially. It is to be initially opinion for you to like to open a book and read 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 using what must you're doing of that time.

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