



# The Me Nobody Knows: A Guide for Teen Survivors

*Barbara Bean, Shari Bennett*

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The first book for sexually abused teens to turn to

When teenagers are victims of sexual abuse, the 'normal' problems of adolescence are exacerbated. The authors validate the conflicting emotions aroused by sexual abuse and offer these adolescents simple, concrete advice about reporting the abuse and how to seek counseling.

This unique book is for teenagers in therapy that have been victims of sexual abuse, as well as for their therapists. Through written, visual, and relaxation exercises, the book shows survivors how to begin to cope.

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