



The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse: A Therapeutic 7-Step Self-Help Program for Men and Women, Including How to Choose a Therapist and Find a Support Group

Beverly Engel

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"A practical and powerful must-read book for all who have suffered childhood sexual abuse, their family members and loved ones, and for all mental health professionals."

Harold H. Bloomfield, M.D.

Author of MAKING PEACE WITH YOUR PARENTS

As a trained therapist and sufferer of sexual abuse herself, Beverly Engel knows that there is probably no trauma a child can suffer that makes her or him feel more alone than sexual abuse. This helpful book offers hope for recovery with exercises, visualizations, and techniques that support you through a seven-step program, that will aid you in: facing the truth, releasing your anger, confronting those responsible with facts and feelings, forgiving yourself, and more healing advice and information.

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