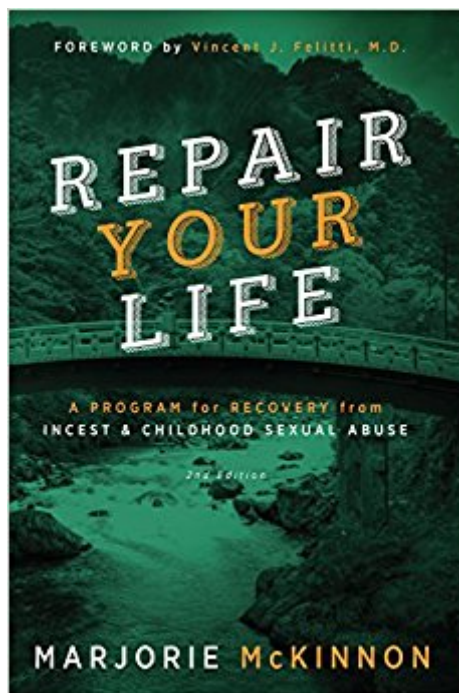




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REPAIR Your Life: A Program For Recovery From Incest & Childhood Sexual Abuse



Synopsis

R.E.P.A.I.R. is a Six-Stage Program for abuse survivors that will transform your life forever!*

Recognize and accept your adult problems stemming from childhood sexual abuse.* Enter into a commitment to transform your life.* Process your issues with tools and techniques that will enable you to become healthy.* Awareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became.* Insight into the complete picture helps you begin to return to what you were prior to being sexually violated.* Rhythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are.

Therapists' Acclaim for REPAIR Your Life"REPAIR Your Life is one of several significant books by a woman who writes openly and perceptively, using her own experiences to take us down her path to an ultimately fulfilling life. This is an important book."--Vincent J. Felitti, MD, co-principal investigator of Adverse Childhood Experiences (ACE) Study"Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey."--Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse"This program just has to work, because whether intuitively or through research, Marjorie McKinnon has assembled a highly effective program of recovery."--Bob Rich, PhD, psychologist

Special editions also available for teenagers, children 6-12, and toddlers.www.TheLampLighters.org for more information or to find a support group in your area.

Book Information

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Customer Reviews

This book was given to me for trying to recover from incest and childhood sexual abuse. What happened to me was not as severe as most that have written reviews but this book helped me. According to the dictionary incest is sexual relations between people classed as being too closely related to marry each other. The crime of having sexual intercourse with a parent, child, sibling, or grandchild. This book will be a self-help journey for those that want to heal their life from incest. I also recommended book Repair Your Life Workbook along with this book as they do go together. It is a great resource and great for small group studies. I have always loved true stories and Marjorie McKinnon tells her story and writes to help all those who need it and that in itself helped my decision to want both books. Ãfâ Ã Â© 2016 Jackie Paulson

This is a well written book on recovery from incest. It is an easier read than The Courage To Heal, but more than that it is written by a survivor of childhood sexual abuse. McKinnon's prose is easy to follow and understand. You don't need a Master's degree to know where she is going with her program and it might even change how you see any abuse you may have experienced. It is reasonably priced and a must for anyone who treats people who have been abused as children. Solidly written.

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