



## Breaking the Chains of Abuse: A Practical Guide (Paperback)

By Sue Atkinson

Lion Hudson Plc, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book. Sue Atkinson, author of the highly acclaimed Climbing out of Depression and Building Self-Esteem, turns her attention to the subject of sexual and emotional abuse. Writing from her own experience, she gets alongside survivors to offer hope and guidance. The book is written in practical style with concrete advice and excellent pointers. The text is broken up into short sections to make it easy to digest.



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