

How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families

Cynthia L. Mather



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How Long Does It Hurt? is the revised and updated edition of the best-selling book written by an incest survivor for future survivors. This step-by-step guide speaks directly to victims of sexual abuse3/4to help them come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt.



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