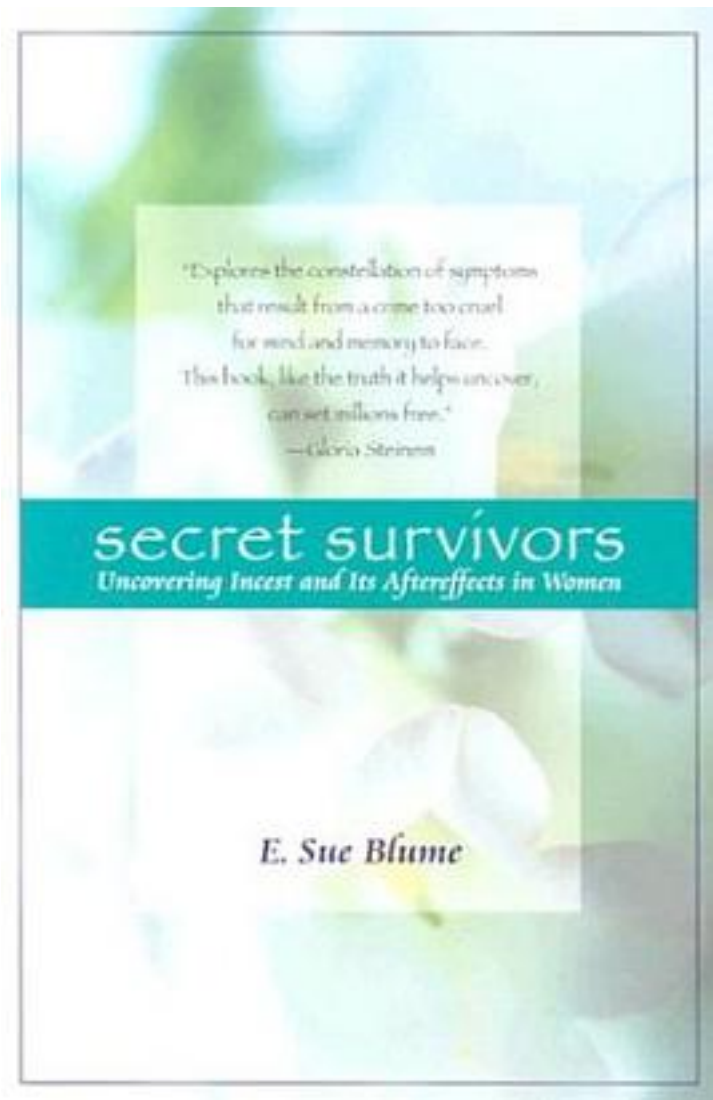


Secret Survivors



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著者:E. Sue Blume

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"A resource of excellent caliber...Highly recommended for those who suspect that they are unconscious survivors of abuse and especially for therapists to dig into the darkest shadow part of human existence." ELIZABETH KUBLER-ROSS, M.D. SECRET SURVIVORS is the first book to expand the definition of incest to include any adult abuser and to focus on what incest does to survivors. E. Sue Blume shows how incest is often at the root of such problems as depression, sexual and eating disorders, drug and alcohol abuse, and phobias and panic disorders. Using this information and the author's guidance, survivors can identify themselves, develop alternative, nondestructive survival techniques and begin again on a new path toward a rich and empowered life. "From the Paperback edition."

作者介绍:

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标签

评论

关于家庭内性侵犯的书，针对女性受害者，提出了问题所在，引导并鼓励女性发现问题，但没有详细说明解决问题的方法。

作者全文采取心理治疗的笔法，层层剥解，十分细腻。且不时对读者进行鼓励，颇有女权风范。

但读者需做好心理准备，据读者评论和作者本人提醒，读的过程可能会很痛苦，会失声痛哭，难以入眠等。如果不舒服要停止阅读，而且要注意即时作者抱着诚实的态度写得比较中肯，还是要清醒地意识到："有的问题，我是没有的。"

总之，强烈推荐对女性权益、心理分析类主体感兴趣的朋友有空读一读。

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书评

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