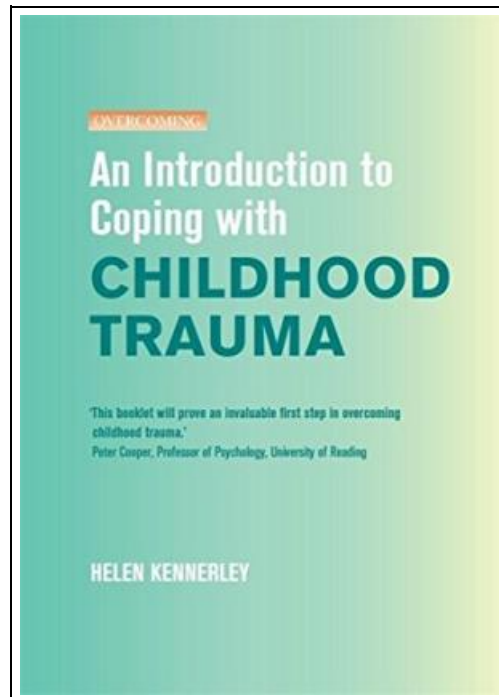


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Little, Brown Book Group, United Kingdom, 2011. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. This is a new addition to the popular Introduction to Coping with series of Cognitive Behavioural Therapy based self-help booklets. Written by the author of the bestselling self-help titles *Overcoming Anxiety* and *Overcoming Childhood Trauma*, this new title offers valuable guidance for those who have experienced trauma as a child, be it emotional, physical or sexual. This useful self-help guide looks at the psychological impact of childhood trauma and offers some helpful strategies, based on CBT, to help the sufferer start on the road to recovery. Also contains useful information on how to get specialist help. This practical booklet will also be a valuable resource for health professionals and family members.

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