



The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse: A Therapeutic 7-Step Self-Help Program for Men and Women, Including How to Choose a Therapist and Find a Support Group

Beverly Engel

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"A practical and powerful must-read book for all who have suffered childhood sexual abuse, their family members and loved ones, and for all mental health professionals."

Harold H. Bloomfield, M.D.

Author of **MAKING PEACE WITH YOUR PARENTS**

As a trained therapist and sufferer of sexual abuse herself, Beverly Engel knows that there is probably no trauma a child can suffer that makes her or him feel more alone than sexual abuse. This helpful book offers hope for recovery with exercises, visualizations, and techniques that support you through a seven-step program, that will aid you in: facing the truth, releasing your anger, confronting those responsible with facts and feelings, forgiving yourself, and more healing advice and information.



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