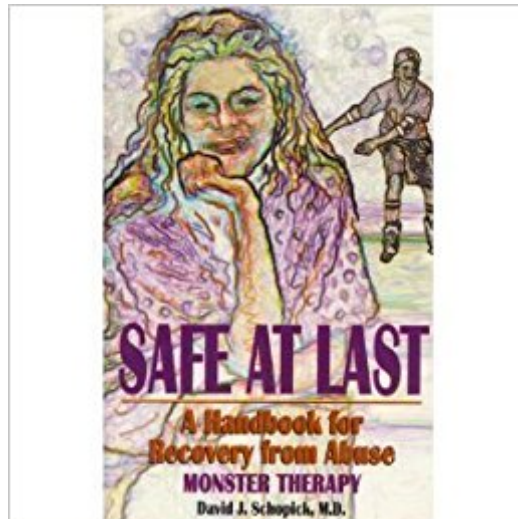




Ebook Directory
the best source of ebook

The book was found

Safe At Last: A Handbook For Recovery From Abuse



Synopsis

Book by Schopick, David J., Burr, Suzanne

Book Information

Paperback: 251 pages

Publisher: Talman Co; 1 edition (November 1995)

Language: English

ISBN-10: 0914525271

ISBN-13: 978-0914525271

Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 1.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,129,627 in Books (See Top 100 in Books) #50 in [Books > Teens >](#)

[Social Issues > Physical & Emotional Abuse](#) #3220 in [Books > Self-Help > Abuse](#) #670934 in [Books > Textbooks](#)

Customer Reviews

Grade 7 Up?This self-help manual offers one central insight into abuse dynamics that can help just about anyone living or working with angry, hurtful people. Instead of dividing the world into pitiful victims and villainous perpetrators, Schopick uses a metaphor that allows readers to see the abusive cycle for what it truly is. People who hurt us, he says, can be seen as having "monsters on their shoulders." Abusers try to rid themselves of these very uncomfortable monsters by putting them on someone else (projecting pain, anger, confusion, etc). In a warm and supportive style, the author helps readers identify monsters in their own lives, allowing them to make wise choices about how to handle their own pain. True stories of teens and adults illustrate practical ways of coping with the emotional effects of verbal abuse, physical and sexual assault, racism and sexism. The techniques for identifying monsters, lessening their power, and learning to control them are standard practices of good therapy, clearly described. Throughout, the author shows that we are all responsible for our actions, no matter what monster motivates us or who put it there. This compassionate, hopeful, and easily read book is an excellent choice for families struggling to understand and heal a wide range of human-induced trauma and for teens looking for insight and help in taking charge of their lives.?Carolyn Polese, Humboldt State University, Arcata, CACopyright 1995 Reed Business Information, Inc.

Individuals of all ages quite often struggle to overcome an abusive past: this reveals Dr. Schopick's "monster therapy" approach, which uses imaging as a device for recovery and for helping individuals identify their own monsters. The first-person approach makes it easy to absorb the personal therapy approaches. -- Midwest Book Review

The book had a strange phony tone to it. I did not feel the author was genuine in any way. The whole monster analogy is absurd and dated.

[Download to continue reading...](#)

Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Safe at Last: A Handbook for Recovery from Abuse Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All POWER: Surviving and Thriving After Narcissistic Abuse: A Collection of Essays on Malignant Narcissism and Recovery from Emotional Abuse Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Safe Meds: An Interactive Guide to Safe Medication Practice, 1e Being Safe with Weather (Be Safe) Being Safe at School (Be Safe) Safe Money Matters: Finding Safe Harbor in a Storm-Filled World Safe House Survival: A Step-By-Step Beginner's Guide On How To Build, Stockpile, and Maintain A Survival Safe House To Retreat To During Disaster INTERNET PREDATORS - How To Keep Our Children Safe Online (internet predators,,Safe Children,predators, Predators,Online Predators) The Ultimate Guide to Safe Travel for Women: Safe Travel Tips for the Modern Woman Safe Sanctuaries: Reducing the Risk of Abuse in the Church for Children and Youth I Am Safe - Parent/Teacher/Advocate Companion: Training Children to Recognize & Avoid Sexual Abuse in a Positive Setting (Volume 1) Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (The Guilford Substance Abuse Series) Hypnotically Enhanced Treatment for Addictions: Alcohol Abuse, Drug Abuse, Gambling, Weight Control and Smoking Cessation

Contact Us

DMCA

Privacy

FAQ & Help