

# Recommended Reading for Young Adults and Their Parents

## Books For Family, Spouses, and Parents

### **GHOSTS IN THE BEDROOM: A GUIDE FOR THE PARTNERS OF INCEST SURVIVORS**

*By Ken Graber (1991)*

Provides comfort and guidance for partners in the process of recovery

### **PARTNERS IN RECOVERY**

*By Beverly Engel (1993)*

For anyone accompanying a survivor along the rocky road to recovery

### **OUTGROWING THE PAIN TOGETHER**

*By Eliana Gil (1992)*

For spouses and partners of adults abused as children

### **TRUST AFTER TRAUMA: A GUIDE TO RELATIONSHIPS FOR SURVIVORS AND THOSE WHO LOVE THEM.**

*By Matsakis (1998)*

### **WHAT ABOUT ME? A GUIDE FOR MEN HELPING FEMALE PARTNERS DEAL WITH CHILDHOOD SEXUAL ABUSE**

*By Grant Cameron (1994)*

Describes the feelings that partners of survivors experience while helping a survivor to heal from the painful and devastating experience of childhood sexual abuse

### **FAMILIES IN RECOVERY: HEALING THE DAMAGE OF CHILDHOOD SEXUAL ABUSE**

*By Beverly Engel (2000)*

Offers information and encouragement for siblings and parents of a survivor of childhood sexual abuse

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## **THE MOTHER'S BOOK: HOW TO SURVIVE THE MOLESTATION OF YOUR CHILD**

*By Carolyn Byerly*

## **WHEN YOUR CHILD HAS BEEN MOLESTED: A PARENT'S GUIDE TO HEALING AND RECOVERY**

*By Kathryn Hagans, Case Joyce, and Kathryn Brohl*

Provides information, comfort and advice for families on how to put the pieces back together again after a child has been sexually molested

## **Books For Females**

### **BEGINNING TO HEAL: A FIRST BOOK FOR MEN AND WOMEN WHO WERE SEXUALLY ABUSED AS CHILDREN**

*By Ellen Bass and Laura Davis (2003)*

Offers hope and guidance for all survivors starting the healing journey

### **THE COURAGE TO HEAL**

*By Ellen Bass and Laura Davis (2008)*

Offers help and encouragement to women who were sexually abused in childhood

### **CONSPIRACY OF SILENCE: THE TRAUMA OF INCEST**

*By Sandra Butler (1996)*

Collection of personal accounts; how abuse affects self and others

### **YOU CAN HEAL YOUR LIFE**

*By Louise Hay (2009)*

The timeless message of the book is that we are each responsible for our own reality and "dis-ease."

### **SURVIVING CHILDHOOD SEXUAL ABUSE: PRACTICAL SELF-HELP FOR ADULTS WHO WERE SEXUALLY ABUSED AS CHILDREN**

*By Carolyn Ainscough (2000)*



## **IT'S NOT OK ANYMORE: YOUR PERSONAL GUIDE TO ENDING ABUSE, TAKING CHARGE, AND LOVING YOURSELF**

*By Gren Enns and Jan Black (1997)*

Motivates women to be survivors instead of victims

## **WHY ME? HELP FOR VICTIMS OF CHILD SEXUAL ABUSE (EVEN IF THEY ARE ADULTS NOW)**

*By Lynn Daugherty (2007)*

Answers questions about child sexual abuse and abusers, shares stories from other victims, and provides step-by-step guidance to those seeking recovery from childhood trauma

## **FORGIVE AND FORGET: HEALING THE HURTS WE DON'T DESERVE**

*By Lewis Smedes (2007)*

Provides excellent points and processes one can utilize in order to relieve themselves of negative feelings and begin the process of healing

## **RIGHT TO INNOCENCE: HEALING THE TRAUMA OF CHILDHOOD SEXUAL ABUSE**

*By Beverly Engel (1990)*

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

## **Books for Males**

### **BEGINNING TO HEAL: A FIRST BOOK FOR MEN AND WOMEN WHO WERE SEXUALLY ABUSED AS CHILDREN**

*by Ellen Bass and Laura Davis (2003)*

Offers hope and guidance for all survivors starting the healing journey

### **VICTIMS NO LONGER: THE CLASSIC GUIDE FOR MEN RECOVERING FROM SEXUAL CHILD ABUSE**

*by Mike Lew (2004)*

Offers compassionate and practical advice

## **BROKEN BOYS/MENDING MEN**

*by Stephen Grubman-Black (2002)*

This book affirms for victims, survivors and those others who care and want to help, that it's okay to tell

## **ABUSED BOYS: THE NEGLECTED VICTIMS OF SEXUAL ABUSE**

*by Mic Hunter (1991)*

Examines the physical and emotional impact of abuse on its victims and the factors affecting recovery

## **MALE SURVIVORS: 12-STEP RECOVERY PROGRAM FOR SURVIVORS OF CHILDHOOD SEXUAL ABUSE.**

*by Timothy Sanders (1991)*

With exercises for personal growth

## **IT HAPPENS TO BOYS, TOO**

*By Jane Satullo and Russell Bradway (1987)*

Helpful for boys who have survived sexual abuse. Reading Level: 6 to 13 years old

## **UNDERSTANDING MALE SEXUAL ABUSE: WHY MALE VICTIMS REMAIN SILENT**

*by O'Brien (2011)*