

SEXUAL ABUSE RESOURCE LIBRARY

TITLE	AUTHOR	PUBLISHER	DATE
"A Very Normal Family" (An inspiring and encouraging personal story of one woman's experience of child abuse.)	FORD, JOY	Ginninderra Press	2005
"An Uncommon Dialogue" (A gripping autobiographical account of two years spent in psychotherapy to deal with childhood sexual abuse. This uplifting story is written in two parts; as a dialogue between the patient and her psychiatrist and as a conversation with her mother and sister. The emotions accompanying the narrator's prolonged sexual abuse as a child by her mother's sexual partners are slowly unraveled, and it becomes clear that her mother was aware of the abuse but failed to protect her daughter. Initially a naïve, overwhelmed and confused child, unable to keep a job or develop relationships, the author eventually grows into a clear-thinking adult, aware of her past and capable of understanding its psychological implications.)	DRAKE, DEBRA J.	Wakefield Press	2005
"Beyond Survival" (Living Well is the Best Revenge. This book is full of great practical and therapeutic ideas for people wanting to move forward from feeling 'stuck' and who are ready to create the life they want for themselves.)	DOLAN, YVONNE	BT Press	1998
"Can't Touch My Soul" (A guide for lesbian survivors of child sexual abuse. This book offers lesbian survivors of child sexual abuse recovery strategies in order to cope, heal, find hope and to break the silence. It discusses lesbian identity and issues specific to lesbian survivors of child sexual abuse. Survivors' voices are woven throughout the book as they share their recovery stories and describe their efforts to overcome the long-term effects of abuse. More than 60 survivors participated in the book, representing a diverse group of women varying in age, economic background, ethnicity and from metropolitan and rural communities.)	RAFANELLO, DONNA	Alyson Publicaitons	2004
"Healing the Trauma of Abuse" (Looks at healing from abuse in childhood or in adulthood. Thus workbook provides spaces to write down ideas, feelings and goals, and covers topics like communication, forgiveness, self-destructive behaviors, decision-making and goal assessment.)	COPELAND, MARY ELLEN HARRIS, MAXINE	New Harbinger	2000

TITLE	AUTHOR	PUBLISHER	DATE
"How Long Does It Hurt"	MATHER, CYNTHIA L.	Wiley Imprint	2004

(A guide to recovering from incest and sexual abuse for teenagers, their friends and their family.)

"Just Another Little Murder"	CLEARY, PHIL	Allen and Unwin	2002
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(Phil Cleary, a well-known identity in Australian politics and football, describes how his sister was murdered by her ex-partner.)

"Leaping upon the Mountains: Men proclaiming victory over sexual abuse"	LEW, MIKE	Small Wonder Books	1999
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(Lew identifies three stages of recovery from sexual abuse and provides a range of practical exercises, personal stories and advice for male survivors.)

"Life After Trauma"	ROSENBLOOM, DENA	NY Guilford Press	1999
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(This workbook is for survivors of any kind of traumatic experience. It is particularly helpful in assisting readers to identify their own reactions to trauma that may have initially been useful for survival, but may not be helpful in the long-term. It contains detailed self-assessment questions and exercises that help to readers to re-gain a sense of safety, self-worth and control.)

"Lucky"	SEBOLD, ALICE	Pan Macmillan LTD.	1999
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(The memoir from the author of the fiction bestseller THE LOVELY BONES, tells the story of how her life changed when at the age of 18 she was brutally raped and beaten in a park near her college campus. Her attacker was arrested and jailed after a harrowing trial. After overcoming heroin and alcohol abuse and a succession of unhealthy relationships, Sebold eventually obtained a master's degree. She wanted to publish LUCKY to take the stigma out of the word 'rape' and to be a face for women with similar stories.)

TITLE

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***"Not Quite Ripe" a memoir* BYRNE, DEBRA Pan Macmillan 2006**

(Singer, actress and now author Debra Byrne has written this memoir of her remarkable and turbulent life. Byrne reflects on the abusive treatment and dysfunctional and violent home life at the hands of her parents and the horrendous sexual abuse suffered from her grandparents. During this time she was performing on television to an adoring public who ironically imagined that the image presented on Young Talent Time was one of a girl having the time of her life. What follows was a self-destructive path of cocaine and heroin addiction, depression, suicide attempts and destructive personal relationships. However, what shines through is a woman who is a survivor and has now arrived at a place where she can comfortably reflect on her life.)

***"Point Last Seen"* HUNTER, RICKY Debut Publishing 2006**

(A road to recovery after childhood sexual abuse and domestic violence. The personal story of one woman's journey through three complex issues; childhood sexual abuse, domestic violence and mental illness. Ricky Hunter tells the story of being abducted at age five and how this terrifying ordeal shaped her life from childhood through to her adult life. A remarkable story of courage and determination.)

***"Shining Through"* M.B. LOUISELLE & Safer Society Press 1997
L. B. BAILEY WRIGHT**

(Pulling it together after sexual abuse-for girls ages 10 and up. A practical book for girls who have been sexually abused.)

***"The Brother/Sister Hurt"* WIEHE, VERNON Safer Society Press 1996**

(Recognizing the effects of sibling abuse. This easy-to-read handbook is for people who have been subjected to abuse from a sibling. It includes practical exercises and quotes from some of the 150 survivors who were interviewed by the author about their experiences.)

***"Surviving the Legal System"* TAYLOR, DR. S. CAROLINE Coulomb Commun. 2004**

(A handbook for adult and child sexual assault survivors and their supporters.)