



# Secret Survivors

*E. Sue Blume*

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*E. Sue Blume*

## **Secret Survivors** E. Sue Blume

"A resource of excellent caliber...Highly recommended for those who suspect that they are unconscious survivors of abuse and especially for therapists to dig into the darkest shadow part of human existence."

ELIZABETH KUBLER-ROSS, M.D.

SECRET SURVIVORS is the first book to expand the definition of incest to include any adult abuser and to focus on what incest does to survivors. E. Sue Blume shows how incest is often at the root of such problems as depression, sexual and eating disorders, drug and alcohol abuse, and phobias and panic disorders. Using this information and the author's guidance, survivors can identify themselves, develop alternative, nondestructive survival techniques and begin again on a new path toward a rich and empowered life.

*From the Paperback edition.*

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