



# **Child Abuse: Self Help: Child Abuse and Neglect (Emotional Abuse Trauma Childhood Trauma) (PTSD Self Help Neglect)**

*Hanna Monahan*

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You're about to discover a proven strategy to overcome child abuse and neglect and overcome the pain you might be or might have been experiencing. Millions of people suffer from child abuse and if the victim doesn't learn how to deal with the abuse, this can result in a destructive adult life. Most people realize this problem, but are unable to deal with the problem because they don't know how.

The truth is if you're a child suffering from child abuse, or an adult that suffered from child abuse and are unable to really deal with it properly, it's because you're lacking an effective strategy to deal with that abuse. This book goes into a step-by-step strategy to stop the abuse and more importantly let go of the past of the abuse so you can live a normal healthy life.

### **Here Is A Preview Of What You'll Learn...**

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- How to Eliminate the Emotional Scars
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