



# **Sexual Abuse: Recovery for beginners - What You Need to Know About Sex Abuse Prevention and Sexual Assault Recovery and Therapy (Sexual Abuse Healing and Recovery - Sexual Abuse 101)**

*Craig Donovan*

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**Sexual abuse recovery is possible! Learn the basics and take action to overcome past abuse.**

**Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

This book will help you better understand sexual abuse and see how you can recover from it. It has been written as a general overview outlining the main things you need to know about this subject. It's a short read and a great start for people who know little about the subject. Sexual abuse refers to any action that pressures or coerces someone to do something sexually they don't want to do. It can also refer to behavior that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including oral sex, rape or restricting access to birth control and condoms.

It is important to know that just because the victim "didn't say no," doesn't mean that they meant "yes." When someone does not resist an unwanted sexual advance, it doesn't mean that they consented. Sometimes physically resisting can put a victim at a bigger risk for further physical or sexual abuse.

Some think that if the victim didn't resist, that it doesn't count as abuse. That's not true. It's still is. This myth is hurtful because it makes it more difficult for the victim to speak out and more likely that they will blame themselves. Whether they were intoxicated or felt pressured, intimidated or obligated to act a certain way, it's never the victim's fault.

Most victims of sexual assault know the assailant.

Both men and women can be victims of sexual abuse.

Both men and women can be perpetrators of sexual abuse.

Sexual abuse can occur between two people who have been sexual with each other before, including people who are married or dating.

This book will help you understand and prevent this problem.

**Much, much more!**

**Read what other people have to say**

**"This is a great book for anyone who is dealing with a past traumatic experience of any kind of sexual abuse or assault . Here has a great information about sexually abused! . This is a major problem and I feel this book has many great things to say on healing and recovery. Check it if you or a friend have been sexually abused!"**

**- Adrian Albright -**

**"The author of this book did a great job covering everything you need to know about this sensitive subject. I picked up a copy of this book for a dear friend who recently went through something like this. I first read it myself then I gave it to her to read. It helped me know how to be there for he and it helped her get back on her feet again."**

**- Robert Garrett -**

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**Start dealing with Sexual abuse today!**

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