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Breaking Free: Help for Survivors of Child Sexual Abuse. Breaking Free. : Carolyn Ainscough, Kay Toon. Sheldon, 1993 - Adult child sexual abuse victims - 266 pages. 1 Review. This self-help book is for both male and female adult survivors of child sexual abuse. The book examines the effects of abuse, such as depression, low self-esteem, eating disorders (which affect 50% of female survivors) and fear of sexual relationships.

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