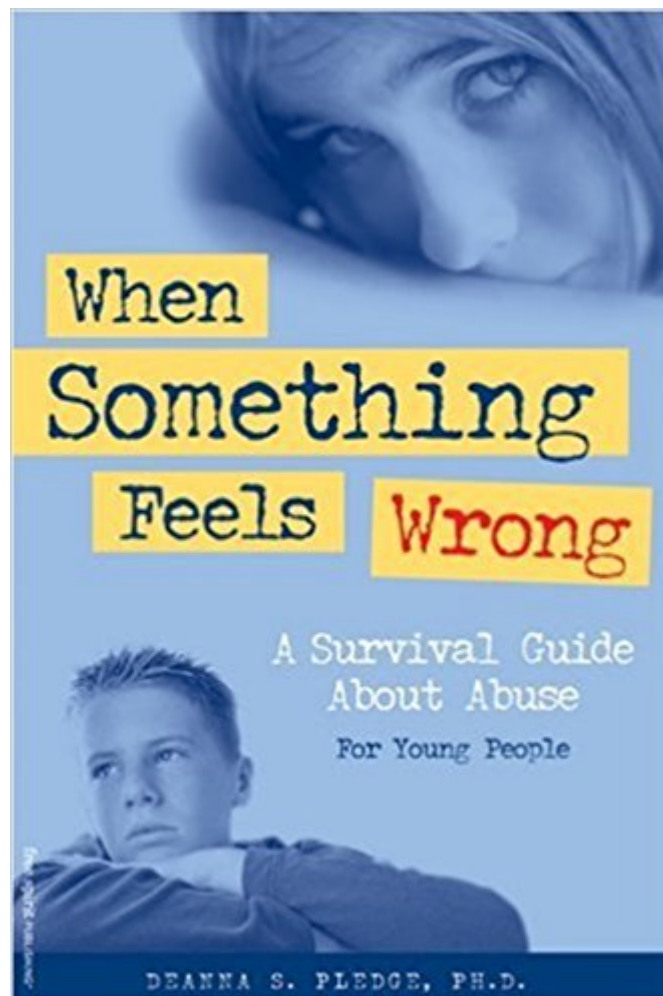




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# When Something Feels Wrong: A Survival Guide About Abuse For Young People



## Synopsis

Teens who have been abused need information and support to begin the healing process. They may not be willing or able to approach family members; they may not know how to start coping with the effects of these traumatizing events. Written by a psychologist who has worked with abused kids and teens for more than a decade, *WHEN SOMETHING FEELS WRONG* is for adolescents searching for positive ways to deal with their history of abuse. The approach is informative, realistic, and encouraging. The emphasis throughout is on the need to talk about the abuse, get help, and know that abuse is never the victim's fault. Includes checklists, examples, journaling ideas, and resources. Written to and for teens, this book belongs in all school and public libraries, counselors' offices, doctors' offices, and social-service agencies.

## Book Information

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## Customer Reviews

Grade 9 Up-This book will be a godsend for those struggling with any type of abuse. The author's experience as a licensed psychologist and counselor is evident as she takes readers through the different types of abuse, an extensive series of "What If" questions, a section on how to tell others, and one on healing. Each chapter ends with "Let It Out" for those journaling. The tone is light and encouraging, yet straightforward. The advice is seasoned and workable, taking into consideration that everyone's healing process moves at a different speed. The "Remind Yourself" bubbles are attention-getting and concise, for those not interested in reading every word. While this volume may not have wide circulation, it will provide valuable information for those who need it. Lynn Evarts, Sauk Prairie High School, Prairie du Sac, WI Copyright 2003 Reed Business Information, Inc.

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