



Breaking the Cycle: C.L.E.A.N.E.R. Living Therapy Programme (Paperback)

By Chris Tuck

Filament Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. This handbook takes a holistic approach in dealing with the impact of emotional abuse, physical abuse, sexual abuse, neglect and violence on the victim/survivor. Any stress we suffer affects how we think, feel and act. Understanding the root cause of our stress will enable us to find solutions to our everyday challenges. The Children's Commissioner's Report Protecting Children From Harm Nov 15 stated that Only 1 in 8 children are known to have reported the abuse they suffered as a child . This means that 7 out of 8 children are growing up as adults whose lives will be negatively impacted in some way. This book will both educate and empower you to take back control of your mental and physical health and well-being through the 7 Pillars of the C.L.E.A.N.E.R(TM) Living Therapy Programme by Breaking the Cycle(TM) of what is holding you back and stuck in a rut. By taking small positive steps forwards, you can heal and recover from the impact of the abuse and violence you suffered.



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