



## Secret Survivors

*E. Sue Blume*

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"A resource of excellent caliber...Highly recommended for those who suspect that they are unconscious survivors of abuse and especially for therapists to dig into the darkest shadow part of human existence."  
**ELIZABETH KUBLER-ROSS, M.D.**

SECRET SURVIVORS is the first book to expand the definition of incest to include any adult abuser and to focus on what incest does to survivors. E. Sue Blume shows how incest is often at the root of such problems as depression, sexual and eating disorders, drug and alcohol abuse, and phobias and panic disorders. Using this information and the author's guidance, survivors can identify themselves, develop alternative, nondestructive survival techniques and begin again on a new path toward a rich and empowered life.

## **Secret Survivors Details**

Date : Published February 13th 1991 by Ballantine Books (first published January 1st 1990)

ISBN : 9780345369796

Author : E. Sue Blume

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Genre : Psychology, Nonfiction, Self Help, Sociology, Abuse

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## **From Reader Review Secret Survivors for online ebook**

### **Karen says**

I liked this book because it speaks to survivors and serves as an excellent resource, to those counseling others who have gone through this kind of situation. It will stay on my bookshelf and be revisited in the near future.

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### **Lisa Anne says**

This book was instrumental in helping me understand the far reaching effects of childhood incest. Through her work with survivors, she was able to outline many behaviors and responses that are often found in survivors. Some reviews seem to believe the book offers a checklist for those trying to find out if they were abused. I don't see that intent. For those who've experienced abuse, this book can help make sense of beliefs, fears and behaviors that result from feeling unsafe and from being betrayed.

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### **Aly says**

Extremely difficult but insightful read. I appreciate this book particularly for its objective, research-based approach. Secret Survivors provides compassion, information and validation for female survivors of CSA.

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### **A.C. Bauch says**

I highly recommend this book for any female who is an incest survivor, anyone who loves a female incest survivor, or is counseling a female incest survivor. Though I don't agree with all of the author's ideas and assertions (rarely the case for me anyway), this is the first book I've read that provides such a comprehensive understanding of incest specifically, not just childhood sexual abuse. That the copy I checked out from the library is so worn and tattered saddens me, knowing that there's such demand for a book like this.

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### **Angie crosby says**

very hard read but worth it.

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### **Milo says**

Frighteningly good. Anybody who wants to know or understand incest (whether as a survivor, a loved one of a survivor, or for basic curiosity) should take a peek at this book. Although easy to understand, it may be a more difficult read for those that have a soft spot for this sort of issue.

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### **Liaken says**

A very good book for those dealing with incest and abuse. It could use a good editor to help cut the repetition and to make the book easier to use. It is hard to "go back to find where she says . . ."

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### **Rojas says**

Blume's point regarding a survivors constant attempt to grasp reality/fear of being crazy in a world that continuously denied any wrong doing hit home for me. Great read.

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### **Fishface says**

This is a terrific overview of all the collateral damage caused in the lives of incest survivors: women who shower fully dressed, women who find abusers to date and marry, problem drinkers, women who hear voices...The main problem here is that it promotes that everyone-is-an-incest-survivor hysteria we remember so fondly from the early Nineties. Just because you see snakes on the walls or can't remember your whole childhood, it doesn't mean your father raped you, OK? The other issue is that it doesn't discuss anything but problems. There are no solutions in here at all other than a sweeping statement to the effect that if you are having any of the 8,000 problems in this book, you need counseling. Duh!

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### **Aziza Kibibi says**

Books for survivors of sexual abuse should be updated. As a society we grow and change; information on coping with any emotional stress and trauma should grow and change as well. Secret Survivors was written in the early 1990's. A time following a period where child molestation was a fad in the media. There were many cases of people claiming they'd been abused and many cases of false memories of sexual abuse implanted in the minds of women by their therapists. The list 'signs of childhood sexual abuse' which the book is based on, has such a large scope of symptoms that it identifies every human issue as a sign of sexual abuse. I mean, not liking water splashed in your face? Come on?

As a survivor of child molestation, I can either debunk many of Ms. Blume's theories, and/or seriously challenge them.

This book will have everyone who reads it thinking they were molested as a child. And even though many are, to have a person that hasn't been molested thinking they were, is very dangerous and very unproductive.

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### **Rhonda Rae Baker says**

Amazingly so...this book spoke to me volumes! A MUST read for those who want to be whole and to have insight into helping others...exceptionally applicable. Do yourself and your family a favor and read this one!

I can't say enough good things about this book, its something that everyone should look at and consider for you may be the only one to notice someone else that needs help and you yourself may not even know that there are things you deal with that can be healed from within.

This book amazed me and strengthened me...I highly recommend it!

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