



The Truth About Rape

Teresa M Lauer MALMHC

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My book, *The Truth About Rape* changes the way you view yourself, your approach to your recovery, and helps you make positive choices for lifelong change. What are the real "truths" about rape? That you needn't continue to suffer month after month - year after year. That there are others you can learn from who have been on their own path to recovery, and who are eager to share their mistakes, and their triumphs, with you. Begin living the life you were meant to live, today! Rape Survivors Share Their Heartfelt Recovery Secrets What if I told you I can help you develop the ability to foresee and control the triggers that cause you anxiety? Imagine feeling as if you're not alone and isolated anymore, living a life without shame and guilt. Knowing where, and how, to find inspiration and motivation as you recover. Imagine an end to your struggles and frustration and experience clarity of mind and the ability to focus even more acutely than you did prior to your rape. I promise you one thing about *The Truth About Rape*: You won't feel alone. I interviewed over 40 women who share with you their obstacles in recovery and teach you new ways to approach your recovery; ways that will radically change the way you feel about yourself. You'll feel as if you're having a discreet conversation with trusted friends in these women and send your recovery soaring. Like Eleanor, 33, who talks about her own experience with a cutting-edge therapy that you've likely heard much about lately. Or gain insight from hearing how Kate, 44, struggled with and found her own answer to one of the most confusing for rape victims: "How could God let this happen to me?"

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