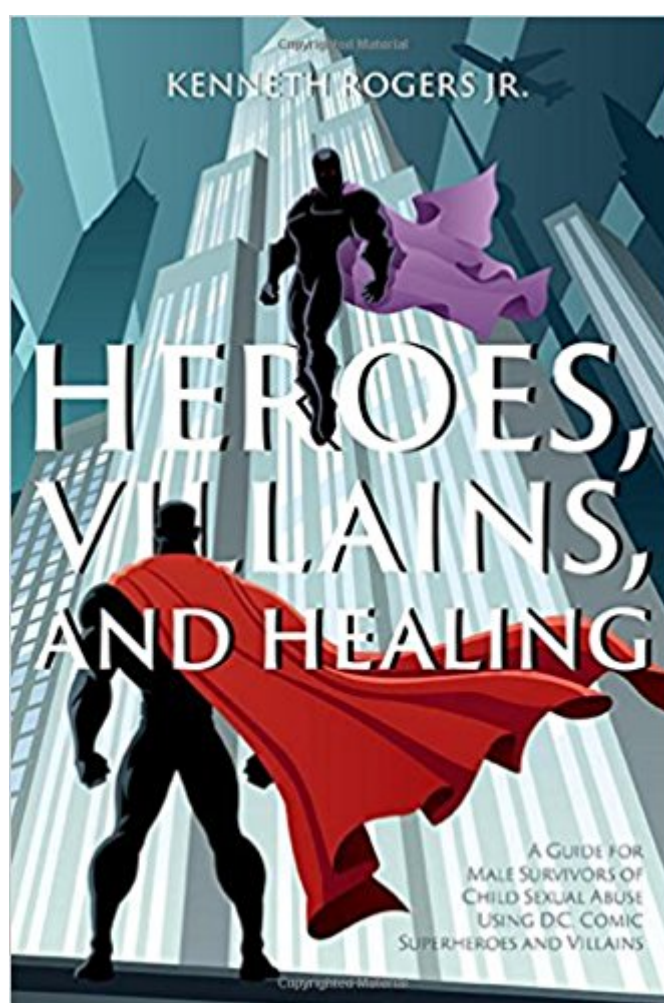


The book was found

Heroes, Villains, And Healing: A Guide For Male Survivors Of Child Sexual Abuse Using D.C. Comic Superheroes And Villains



Synopsis

1 in 6 males will be sexually abused in their lifetime. This fact is often ignored or not believed. *Heroes, Villains, and Healing* is a guide to help male survivors of childhood sexual abuse understand and heal from the trauma of their past using DC Comic Book superheroes and villains. This helpful book is divided into three parts. The first is "Heroes," which explains how some coping strategies of male survivors are similar to the archetypes of such DC superheroes as Superman, Batman, and the Flash. The second part, "Villains," examines how other coping strategies may not be as positive, having traits and attitudes of villains such as Lex Luthor and the Joker. "Healing" is the final part, which explains how striving to live the life of a hero or a villain can be sustainable. To truly heal from childhood sexual abuse means working through the stages of healing and receiving help from a therapist or counselor. This final section includes writing exercises and examples that help male survivors know they are not alone, as they come to terms with their abuse and heal from past trauma. The book was written to help male survivors open up about their abuse, seek help, and stop suppressing their trauma through drug and alcohol abuse, or suicide. About the Author: Kenneth Rogers Jr. is a male survivor of childhood sexual abuse and lives in Baltimore, Maryland, with his loving wife, Sarah, and two daughters, Mirus and Amare. Publisher's website: <http://sbpra.com/KennethRogersJr>

Book Information

Paperback

Publisher: Strategic Book Publishing & Rights Agency, LLC (June 12, 2017)

Language: English

ISBN-10: 1946539384

ISBN-13: 978-1946539380

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #26,298 in Books (See Top 100 in Books) #56 in Books > Self-Help > Abuse

Customer Reviews

As a comic fan it's a well delivered collection of themes and references. Coming from a background of anxiety and workaholism I'm finding this very cathartic and convicting. Discusses a challenging topic with an engaging and especially... relevant approach. Both a powerful exploration into recovery as well as an opportunity to dive deeper into comic lore.

Having dealt with the issue of sexual abuse in my own life and that of men I've mentored over the years I knew "Heroes, Villains, and Healing:" would be a helpful book. Using DC Comic heroes & villains as examples for those of us men who've been sexually abused works well. Mr. Rogers - thank you for writing this book - I know it took a lot of courage to do so! One piece of advice: read this book s-l-o-w-l-y and journal it and if you have a counselor or mentor discuss it with him as well.

A must read for male survivors!

A true path to healing. A first of its kind for male abuse survivors.

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