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# Carefrontation: Breaking Free From Childhood Trauma



## **Synopsis**

With more than thirty years of experience, Dr. Arlene Drake writes a guide for those desperately in need of a way to break free from the pain of childhood abuse and reclaim their lives. When confronted with an abused child, our first impulse is to drop everything and provide comfort, get him or her out of danger, and find out what the hell is going on at home. It's obvious that the child is helpless, in trouble, and needs protection. Parents or not, we instinctively know what to do: We take care of the child. But what if the child is you? Active and directive, *Carefrontation* is filled with exercises and the simple, effective tools Dr. Drake has used successfully with her own clients for more than three decades. It lays out a powerful way to repair the damage of childhood abuse and its lasting effects, by teaching you what your parents couldn't: an invaluable set of skills and practices that will give you the resources to live as a healthy, happy adult. With the clear path this book provides, you can finally acknowledge that the suffering and the pain can stop. The destructive patterns can end. You can graduate, at last, into a life beyond abuse victim and for the first time take the power back from your abusers and finally be at peace.

## **Book Information**

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## Customer Reviews

Fabulous book!

My copy of Carefrontation arrived from and, truly, I can't put it down. Not only is this wonderful book a Godsend to those wanting/need to heal from childhood trauma in order to experience a life of confidence and joy, but Dr. Drake offers real help to those suffering from the many facets of depression and self-destruction associated with this trauma. This important book is a journey of support and accomplishable goals, and yes, graduation to a healthy and fulfilling adulthood. Thank you Dr. Drake!

I never thought there was an answer for me, a way out, a path to healing. I thought I had to carry this around with me forever. Carefrontation has done for me in a matter of months what 20 years of therapy hadn't been able to accomplish.

Carefrontation is emotional and empowering. It is amazing that I lived through that process. The book opened my eyes and heart to my huge accomplishment. Thank you Arlene for your guidance to finding and living my truth. 

Dr. Arlene Drake is a 5 Star person in her own right as I know her most of my life. In Carefrontation she deals directly with the Uncomfortable Truth of hurt and confusion of abused children and there adult abusers. She has written a raw accounting of the devastating hurt and pain that goes on in society today very sad but---True--a topic that she Bravely takes on. Dr. Drake takes you on a step by step attack on this serious problem. Dr Drake shows her victims how to successfully Expel the hurt and pain and successfully deal with there Abusers. This subject matter is a MUST READ.

I have had the privilege of working one on one this year with Arlene, right before her book came out. When it did, it completely changed my understanding of her work, deepened and accelerated the pace of the connections I was making in my life. I am more than grateful that she wrote this, and I have shared it with everyone in my family and in my work life!

I walk around the city holding this book up so people will see the cover and be intrigued. It's because I believe in this work. It saved my life. You need this book (along with an experienced professional to guide you). Arlene is dubbed, "the trauma whisperer," by her clients for one reason.

She knows trauma. She teaches her clients how to fish as opposed to some therapists who give their clients a bunch of fish, and even cook the fish and serve it up nicely in a dish. You came to a therapy session because you need help, not because you need a nice fish dinner. Save the dining for Applebee's and order this book!

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