



Surviving Childhood Sexual Abuse and Other Forms of Violence: A practical self-help guide

Violet Snow

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In this short practical self-help guide Violet Snow shares her own personal experiences of child abuse. She discusses her experiences of being brought up in a dis-functional family where neglect, mental health and violence were part of her day to day experiences. Violet talks about the reaction of other family members, the wider community and police towards the abuse she suffered.

Violet discusses her journey towards recovery using a range of techniques including healing through therapy, the written word, meditation, art, nature and touch therapies. She considers the past, present and future using the idea of moving from victim to survivor to winner.

This book is for anyone coming to terms with child sexual abuse, rape, assault or other violent crimes. It is also a good book for anyone studying social sciences including the law, women's studies and gender studies.

Violet relates through personal experience how it feels to be a victim of abuse including loss of home and family, and she also discusses her early suicidal tendencies. She shows how she overcame these problems. She also talks about her early fears including the fear of being in a relationship and her fear of being a mother and how she moved beyond these to make a successful life for herself.

Violet now describes herself as 'one of life's winners'. She is a wife and mother. Her husband of 25 years is still her best friend and the love of her life. She has close ties with her own children and Violet has moved through a range of careers working in nursing, teaching, college lecturing and now she is a successful business woman with her own child related company. Violet still works day to day to support women and children both through her business and also through her charity donations.

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