



Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse

Mike Lew, Ellen Bass

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For millions of men on the path to recovery, *Victims No Longer* is the next step.

The first book written specifically for men, *Victims No Longer* examines the changing cultural attitudes toward male survivors of incest and other sexual trauma. Now, in this Second Edition, this invaluable resource continues to offer compassionate and practical advice, supported by personal anecdotes and statements of male survivors. *Victims No Longer* helps survivors to:

Identify and validate their childhood experiences

Explore strategies of survival and healing

Work through issues such as trust, intimacy, and sexual confusion

Establish a support network for continued personal recovery

Make choices that aren't determined by abuse

Psychotherapist Mike Lew has worked with thousands of men and women in their healing from the effects of childhood sexual abuse, rape, physical violence, emotional abuse, and neglect. The development of strategies for recovery from incest and other abuse, particularly for men, has been a major focus of his work as a counselor and group leader.

Thoroughly updated and revised, and including an expanded Resources section, *Victims No Longer* educates survivors and professionals about the recovery process -- speaking to the pain, needs, fears, and hopes of the adult male survivor.

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse Details

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Author : Mike Lew , Ellen Bass

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From Reader Review Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse for online ebook

carl says

A nice addition to "The Courage to Heal" book which was primarily aimed at women.

Marisa Bennett says

It is heartbreaking to know that so many sexual abuse victims are male, and that so few are willing to step forward for healing. This book was at the forefront of the field, and is still one of the best out there! I highly recommend you get this book if you are a male suffering to deal with the issues of sexual abuse, or are a woman trying to understand your partner/friend's behavior. Encourage THERAPY!!!

Kenn Chaplin says

I'm still reading this, coming back to it again and again - a priceless resource!

John says

Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse by Mike Lew. For men recovering from being abused or sexually molested as children, I recommend this book. I bought this book in the first edition and read it several times. The first edition helped me so much, I'm buying the second edition and reading it again and getting much more out of it now that I am more stable and healthy. Both of the editions (first and second) helped me to be a much happier person, leaving the traumas of my youth behind me so I can live in the present and future, both of which are much better because I had this book to help me. I would suggest getting a therapist to answer any questions that may arise while you are reading this book.

Tom says

A very powerful book

Paul Norris says

If this book is relevant to you or anyone close to you, I'd call it a must read.

Daniel Bulek says

Lew presents a framework to understand the experience of male survivors of abuse as well as a path for recovery. Recommended for both those seeking recovery and those seeking to guide.

Flower says

Interesting book that opened my eyes to a silent crime in this country. A crime that is not talked about but effects way more people than I could have ever imagined.

Terri says

This is a must read book for men who were sexually abused. Loved ones and friends will benefit from reading it, also. The vignettes are not too numerous, and they are eloquent and contain enough details to illustrate the horror of what was experienced without gratuitous, lengthy descriptions of the abuse. Some of the stories do not address the abuse directly, but instead encourage the reader to work on their issues, and to have hope that they will get through the recovery process. I really cannot praise this book enough. I encourage you to look it up on Amazon and read the reviews. If you know a man who was abused, buy two copies right now...give one to him, and read the other one yourself.

Miklos says

Much of the literature on sexual abuse and trauma focuses on women as victims. This isn't an accident and there are countless resources for female survivors dealing with trauma from sexual abuse. However, men are often left out of the equation for several reasons, ranging from sheer ignorance to denial to disbelief. Nevertheless, men who have experienced childhood sexual abuse are out there and their isolation is compounding their abuse.

On the spectrum between academic and lay reading, Mike Lews book is certainly written for the lay male reader. The writing style, format of book, and content are designed for the survivor to read. That being said, the material is also helpful for clinicians and professionals who may want to see what trauma and recovery look like from the males perspective.

Highly recommended.
