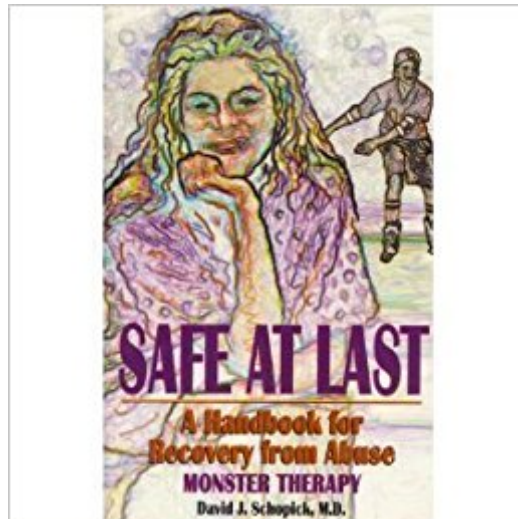




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# **Safe At Last: A Handbook For Recovery From Abuse**



## Synopsis

Book by Schopick, David J., Burr, Suzanne

## Book Information

Paperback: 251 pages

Publisher: Talman Co; 1 edition (November 1995)

Language: English

ISBN-10: 0914525271

ISBN-13: 978-0914525271

Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 1.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,129,627 in Books (See Top 100 in Books) #50 in [Books > Teens >](#)

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## Customer Reviews

Grade 7 Up?This self-help manual offers one central insight into abuse dynamics that can help just about anyone living or working with angry, hurtful people. Instead of dividing the world into pitiful victims and villainous perpetrators, Schopick uses a metaphor that allows readers to see the abusive cycle for what it truly is. People who hurt us, he says, can be seen as having "monsters on their shoulders." Abusers try to rid themselves of these very uncomfortable monsters by putting them on someone else (projecting pain, anger, confusion, etc). In a warm and supportive style, the author helps readers identify monsters in their own lives, allowing them to make wise choices about how to handle their own pain. True stories of teens and adults illustrate practical ways of coping with the emotional effects of verbal abuse, physical and sexual assault, racism and sexism. The techniques for identifying monsters, lessening their power, and learning to control them are standard practices of good therapy, clearly described. Throughout, the author shows that we are all responsible for our actions, no matter what monster motivates us or who put it there. This compassionate, hopeful, and easily read book is an excellent choice for families struggling to understand and heal a wide range of human-induced trauma and for teens looking for insight and help in taking charge of their lives.?Carolyn Polese, Humboldt State University, Arcata, CACopyright 1995 Reed Business Information, Inc.

Individuals of all ages quite often struggle to overcome an abusive past: this reveals Dr. Schopick's "monster therapy" approach, which uses imaging as a device for recovery and for helping individuals identify their own monsters. The first-person approach makes it easy to absorb the personal therapy approaches. -- Midwest Book Review

The book had a strange phony tone to it. I did not feel the author was genuine in any way. The whole monster analogy is absurd and dated.

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