



# Say It Out Loud: Revealing and Healing the Scars of Sexual Abuse

*Roberta Dolan*

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## **Say It Out Loud: Revealing and Healing the Scars of Sexual Abuse** Roberta Dolan

Breaking the silence about sexual abuse is vital?but it's only the first step. What happens next? For most survivors, the wounds left by such abuse are often left to fester, slowly destroying their lives. Say It Out Loud?a unique blend of memoir and how-to?exposes the emotional scars of sexual abuse and explains the process of healing. In straightforward prose, step by step, Roberta Dolan provides readers with tangible healing strategies, including journaling, visualization, and more, that she employed during her own years in therapy for a childhood of sexual abuse. Inspiring and accessible, Say It Out Loud offers guidance and support for any kind of healing journey, equipping readers with the skills and courage to transform a life of darkness into one of joy.

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