



Confessions of a Trauma Therapist: A Memoir of Healing and Transformation

Mary K. Armstrong

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To her surprise, dismay, and eventually relief, Mary Armstrong, a therapist with over thirty years of experience helping people heal from childhood trauma, uncovered her *own* history of child sexual abuse at the hands of her grandfather and father. As she tells her harrowing but heroic tale, she casts light as never before on the issue of repressed memories and the invisible wounds left by childhood trauma.

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