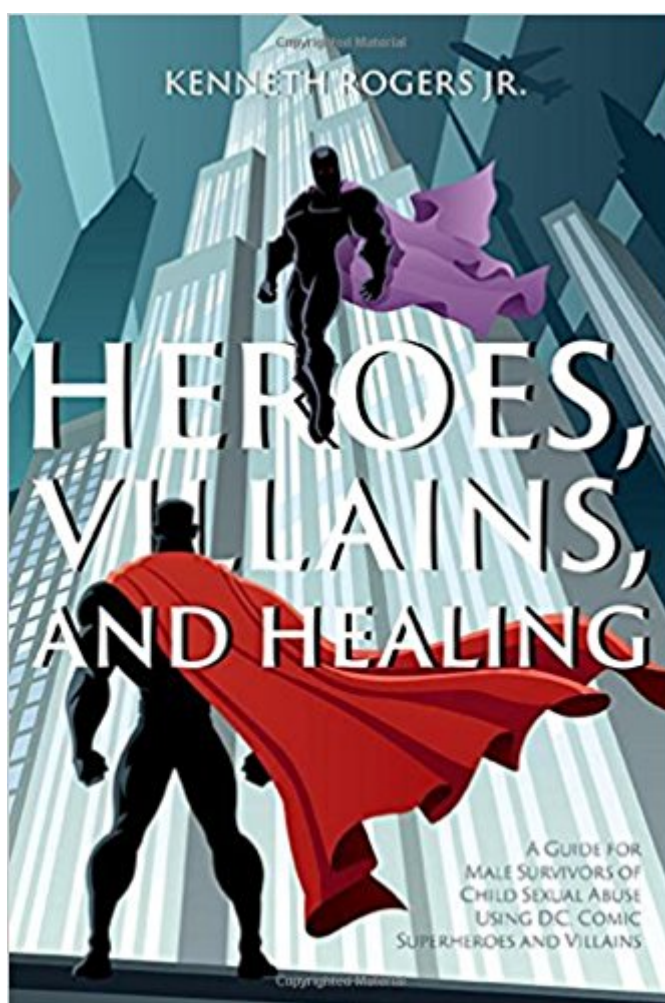


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# Heroes, Villains, And Healing: A Guide For Male Survivors Of Child Sexual Abuse Using D.C. Comic Superheroes And Villains



## Synopsis

1 in 6 males will be sexually abused in their lifetime. This fact is often ignored or not believed. *Heroes, Villains, and Healing* is a guide to help male survivors of childhood sexual abuse understand and heal from the trauma of their past using DC Comic Book superheroes and villains. This helpful book is divided into three parts. The first is "Heroes," which explains how some coping strategies of male survivors are similar to the archetypes of such DC superheroes as Superman, Batman, and the Flash. The second part, "Villains," examines how other coping strategies may not be as positive, having traits and attitudes of villains such as Lex Luthor and the Joker. "Healing" is the final part, which explains how striving to live the life of a hero or a villain can be sustainable. To truly heal from childhood sexual abuse means working through the stages of healing and receiving help from a therapist or counselor. This final section includes writing exercises and examples that help male survivors know they are not alone, as they come to terms with their abuse and heal from past trauma. The book was written to help male survivors open up about their abuse, seek help, and stop suppressing their trauma through drug and alcohol abuse, or suicide. About the Author: Kenneth Rogers Jr. is a male survivor of childhood sexual abuse and lives in Baltimore, Maryland, with his loving wife, Sarah, and two daughters, Mirus and Amare. Publisher's website: <http://sbpra.com/KennethRogersJr>

## Book Information

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## Customer Reviews

As a comic fan it's a well delivered collection of themes and references. Coming from a background of anxiety and workaholism I'm finding this very cathartic and convicting. Discusses a challenging topic with an engaging and especially... relevant approach. Both a powerful exploration into recovery as well as an opportunity to dive deeper into comic lore.

Having dealt with the issue of sexual abuse in my own life and that of men I've mentored over the years I knew "Heroes, Villains, and Healing:" would be a helpful book. Using DC Comic heroes & villains as examples for those of us men who've been sexually abused works well. Mr. Rogers - thank you for writing this book - I know it took a lot of courage to do so! One piece of advice: read this book s-l-o-w-l-y and journal it and if you have a counselor or mentor discuss it with him as well.

A must read for male survivors!

A true path to healing. A first of its kind for male abuse survivors.

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Heroes, Villains, and Healing: A Guide for Male Survivors of Child Sexual Abuse Using D.C. Comic Superheroes and Villains Blank Comic Book : Large Print 8.5 by 11 Over 100 Pages - 6 Panel Jagged Comic Template - Drawing Your Own Comic Book Journal Notebook (Blank Comic ... kids (Blank Comic Book For Kids) (Volume 5) Blank Comic Book For Kids : Large Print 8.5"x11" 110Pages - 7 Panel Jagged Comic Template - Drawing Your Own Comic Book Journal Notebook (Blank Comic Book) Vol.7: Blank Comic Book (Volume 7) The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Third Edition) Comic Book: Blank Comic Strips: Make Your Own Comics With This Comic Book Drawing Paper - Multi Panels (Blank Comic Books) Blank Comic Book For Kids : Create Your Own Comics With This Comic Book Journal Notebook: Over 100 Pages Large Big 8.5" x 11" Cartoon / Comic Book With Lots of Templates (Blank Comic Books) (Volume 7) Blank Comic Book Make Your Own Comic Book: Create Your Own Comic Strips from Start to Finish (Large Print 8.5"x 11" 120 Pages) (Comic Sketch Book) (Volume 1) The Physics of Superheroes: More Heroes! More Villains! More Science! Spectacular Second Edition The Courage to Heal Workbook: A Guide for Women and Men Survivors of Child Sexual Abuse The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, 20th Anniversary Edition The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women The Road to Healing: A Journal for Teen Survivors of Sexual Abuse (Journal's for Teens) The League of Regrettable Superheroes: Half-Baked Heroes from Comic Book History Childhood Sexual Abuse: Developmental Effects Across The Lifespan (Child Abuse) Daddy Did Wrong: A Story of Sexual Abuse (Child Abuse Series Book 1) How to Draw Comic Book Superheroes Using 5 Easy Shapes Reiki: The Healing Energy of

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