



LIFE AFTER SURVIVAL
Regaining control of your life after a sexual assault
 Geneviève Parent

A touch of hope and practical tools for moving past the pain and regaining full control of your life

192 pages

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Sexual assault is one of the worst ordeals possible. If the victim has been assaulted by someone she knows and had confidence in, she experiences a profound feeling of betrayal and suffers many long-term consequences as a result of this trauma. If she did not know her attacker, then she feels fear, which often turns into anxiety. The repercussions of sexual abuse involve a whole range of overwhelming emotions and affect all areas of life. Many therapists refer to victims of these kinds of attacks as “survivors”. But always being in survival mode gets to be exhausting.

The author suggests a way to get over the suffering and finally begin to live fully again. In a clear, empathetic and reassuring tone, she suggests several approaches to consider, along with tools and exercises for the healthy control of feelings. This book does not replace therapy, but it may play a helpful and supportive role for those who want to leave a painful past behind them and look toward the future with their head held high, in confidence and hope.

Strong points

- This sensitively written book addresses sexual assault victims directly.
- Many “true stories” illustrate the various consequences of sexual abuse.
- In each chapter, a section is devoted to recovery, accompanied by reflections and exercises.
- This book is written for both male and female sexual assault victims.

A clinical sexologist, sex analyst and psychotherapist, Geneviève Parent did her undergraduate degree and Masters in clinical sexology. She teaches in the Département de sexologie of the Université du Québec in Montréal as well as running a private practice. She also does training and collaborates with various types of media.

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