

Find included books from the Central West library as well as others.

Information includes: Title, Author, Published year, Publisher, ISBN, and a category when known (such as [\[Self-Help\]](#), [\[Story\]](#), [\[Practitioner\]](#))

List of library resources

128 related to childhood trauma, amongst which:

- [Beginning to heal: a first book for survivors of child sexual abuse](#), Ellen Bass and Laura Davis [\[Self-Help\]](#)
Pub: 1993; ISBN: 0749316551 – Orange Library: [ANF 362.8292 BAS](#)
- [Breaking the silence](#), Survivors of Child Abuse speak out
Liz Mullinar & Candida Hunt [\[Self-Help\]](#)
ISBN: 0 7 336 0483 8 – Cowra Library: 362.764 BRE
- [The courage to heal](#), Ellen Bass & Laura Davis
ISBN: 0091884209 – Cowra Library: ANF 362.76 BAS [\[Self-Help\]](#)
- [It's my life now](#), Meg Kennedy Dugan
Pub: 2000; ISBN: 0-415-92358-1 – Cowra Library: ANF 362.82 DUG
- [Abandoned: the true story of a little girl who didn't belong](#), Anya Peters [\[Story\]](#)
Pub: 2007; ISBN: 9780007245734 – Forbes Library: [ANF 362.76 PET](#)
- [Abuse](#), Murphy, Annabelle, Ioannides, Tassos,
[Melbourne, Vic.] : Kitaron Productions
Pub: 1993; Forbes Library: DVD/NF

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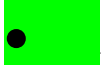
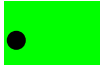
Disclaimer: Adult Survivors of Child Abuse – Cowra Support Group. These resources are either available from the local library, or have been read by some of the group members. Some are available to be borrowed as part of our group resources. If you come across any inaccuracy, we would appreciate if you could contact us via itmatters.com.au. Thank you.

- [Because I love you: the silent shadow of child sexual abuse](#), Joyce Allan
Pub: 2002; ISBN: 0966891945 – Orange Library: [ANF 362.76 ALL](#)
- [Don't tell: the sexual abuse of boys](#), Michel Dorais
Pub: 2002; ISBN: 0773522611 – Orange Library: [ANF 362.76 DOR](#)
- [Help yourself](#), Dave Pelzer
Pub: 2000; ISBN: 000711480X – Orange Library: [ANF 158.1 PEL](#)
- [In the best interests of the child](#), Hetty Johnston
Pub: 2004; ISBN: 1864033363 – Orange Library: [ANF 362.76 JOH](#)
- [Predators: paedophiles, rapists, and other sex offenders : who they are, how they operate, and how we can protect ourselves and our children](#), Anna C. Salter
Pub: 2003; ISBN: 0465071724 – Forbes Library: [ANF 364.15 SAL](#)
- [We are not alone: a teenage boy's personal account of child sexual abuse from disclosure through prosecution and treatment](#), Jade Christine Angelica
Pub: 2002; ISBN: 0789009277 – Orange Library: [ANF 364.15 ANG](#)
- Victims No Longer, Mike Lew [\[Self-Help\]](#),
Pub: 1988; Cedar Publishing; ISBN: 0-06-053026-X – Orange Library: 362-764 LEW
- Pain Free at your PC, Pete Egoscue [\[Self-Help\]](#),
Pub: 1999; Bantam Books; ISBN: 978-0-553-38052-1 – Cowra Library: ANF 613.62 EGO

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List of other books

-  The silent crisis, Amanda Alexandria Robinson [Self-Help]
ISBN: 978 0 9752341 3 6
-  [Adult](#) Children of Abusive Parents, Steven Farmer [Self-Help]
Pub: 1989; ISBN: 0-345-36388-4
-  Allies in Healing, Laura Davis [Self-Help]
Pub: 1991; ISBN: 0-06-096883-4
-  The Dance of Anger, Harriet Goldhor Lerner [Self-Help]
Pub: 1985; ISBN: 0-06-091565-X
-  Trauma and Recovery, Judith Lewis Herman [Self-Help] [Practitioner]
ISBN: 9780465087303
-  Mummy told me not to tell, Cathy Glass [Story]
Pub: 2010, HarperCollins; ISBN: 978-0007362967
-  Hidden, Cathy Glass [Story]
Pub: 2008, HarperCollins; ISBN: 978-0007260980
-  Cut, Cathy Glass [Story]
Pub: 2009, HarperCollins; ISBN: 978-0007280995
-  Damaged, Cathy Glass [Story]
Pub: 2007, HarperCollins; ISBN: 978-0007236367
-  My dad's a policeman, Cathy Glass [Story]
Pub: HarperCollins; ISBN: 978-0007374755
-  The saddest girl in the world, Cathy Glass [Story]
Pub: 2009, HarperCollins; ISBN: 978-0007281046

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- **The girl in the mirror, Cathy Glass** [Story]
Pub: 2010, HarperCollins; ISBN: 978-0007299270
- **I miss my mummy, Cathy Glass** [Story]
Pub: 2010, HarperCollins; ISBN: 978-0007267446
- **Street kid, Judy Westwater** [Story]
Pub: 2006, Harper Element; ISBN: 978-1616642075
- **Street kid fights on, Judy Westwater**
Pub: 2008, HarperCollins; ISBN: 0007266634
- **Silent boy, Torey Hayden** [Story]
Pub: 2008, Harper Element; ISBN: 978-0007258819
- **Nobody came, Robbie Garner**
Pub: 2009, Harper Element; ISBN: 978-0007287963
- **Touched by evil, Michele Knight**
Pub: 2008, Hodder & Stoughton; ISBN: 978-0340951293
- **Nobody heard me cry, John Devane** [Story]
Pub: 2010, Hodder & Stoughton; ISBN: 978-0340962770
- **The family friend, Matt Lowe**
Pub: 2008, Ebury Press; ISBN: 0091912261
- **As I lay me down to sleep, Eileen Munro**
Pub: 2008, Mainstream Publishing; ISBN: 978-1845963446
- **Abandoned, Anya Peters** [Story]
Pub: 2007, Harper Element; ISBN: 978-0007245741
- **Confessions of an ex-girlfriend, Lynda Curnyn**
Pub: 2002; ISBN: 0373250150

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- **My story, Dave Pelzer** [Story]
Pub: 2004, Orion Paperbacks; ISBN: 978-0752864013
- **Silent sisters, Jenny Tomlin**
Pub: 2007, Hodder Pb; ISBN: 978-0340898857
- **Shame, Jasvinder Sanghera**
Pub: 2007, Hodder & Stoughton Ltd; ISBN: 978-0340924617
- **All of me, Patsy Palmer**
Pub: 2007, Hodder Pb; ISBN: 978-0340924129
- **Trust no one, Teresa Cooper**
Pub: 2008, Orion Publishing; ISBN: 978-0752893303
- **The summer secrets, Martina Reilly**
Pub: 2008, Sphere; ISBN: 978- 0751539561
- **My sister's keeper, Jodi Picoult**
Pub: 2005, Washington Square Press; ISBN: 978-074345437
- **Mercy moves mountains, Nancy Alcorn**
Heart-gripping stories of god's extraordinary mercy and grace to troubled girls
Pub: Harrison House, 2000, ISBN: 1-57794-615-4
- **Echoes of mercy, Nancy Alcorn**
Pub: 1992, Mercy Ministries of America
- **Point of Rescue, Ricky Hunter**
remembrance, mourning, recovering from intimate partner abuse
Pub: Ricky Hunter, July 2012, ISBN: 978-0646577494
- **Last Point Seen, Ricky Hunter**
[a road to recovery after childhood sexual abuse and domestic violence](#)
Pub: Debut Publishing Pty Ltd, January 2008, ISBN: 978-1876329020

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- **Many parts of you, Jan Sky** [Practitioner]
Understanding the Puzzle of Your Behaviour
Pub: BalboaPressAU, 29 November 2012, ISBN: 978-1452507668

- **Man search for meaning, Viktor E. Frankl** [Self-Help], [Story], [Practitioner]
ISBN: 9780807014295
Short reading from a survivor's of concentration camps and his take that the path for a better life is not a quest for pleasure but a quest for meaning – finding what we think is meaningful to us, as an individual, and live to achieve that goal

- **The magic of forgiveness, Tian Dayton** [Self-Help]
Pub: HCI, 2003, ISBN: 0-7573-0086-3
Explains the process of forgiveness in a simple way using stories to illustrate her points.
Example of chapters: The Health benefits, The five stages (Waking up, Anger and Resentment, Hurt and Sadness, Acceptance, Integration, and Letting Go, Reorganisation and Reinvestment)

- **Sharing the Un-shareable: a resource for women on recovering from child sexual abuse** [Self-Help]
First edition 2011, Education Centre Against Violence, NSW Health, ISBN: 1 876969 172

- **When a man is raped: a survival guide** [Self-Help]
Second edition 2004, Education Centre Against Violence www.ecav.health.nsw.gov.au
ISBN: 1-876969 075

- **Who can a man tell?** [Self-Help]
Second edition 2000, Education Centre Against Violence www.ecav.health.nsw.gov.au
ISBN: 1-876109 10 6

- **Mirror Mirror**
Queensland Centre for the prevention of Child Abuse, ISBN: 0 7242 2999X

- **Stepping Out – Incest Information for girls**
ISBN: 095 89 497 19

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- **Recovering from adult sexual assault**
2008, NSW Education Centre against violence. ISBN: 187 6969 15 6
- **Did I ever tell how special you are?**
Queensland Centre for the prevention of child abuse
- **One Child, Torey L. Hayden** [Story]
Pub: 1980, Putnam; ISBN: [978-0-399-12467-9](#)
- **Somebody else's kids, Torey L. Hayden** [Story]
Pub: 2002, Avon; ISBN: 978-0380599493
- **The Forgotten Child, David Hill** [Story]
Pub: 2008, Random House Australia; ISBN: [978-](#) 1741666144
- **When daddy comes home, Toni Maguire** [Story]
Pub: 2007, Harper Element; ISBN: 978-0007244003
- **The Last Frontier: Practice Guidelines for treatment of complex trauma and trauma informed care and service delivery** [Practitioner]
Pub: 2012 (No ISBN. The book can be purchased from the ASCA web site www.asca.org.au)
The purpose of the book is to help practitioners better deal with trauma survivors.
- **Making a killing: The untold story of psychotropic drugs** [Story]

2008, CCHR (Citizens Commission on Human Rights www.cchr.org) - DVD (held at the Central West library)
It's the story of big money—drugs that fuel a \$330 billion psychiatric industry, without a single cure. The cost in human terms is even greater—these drugs now kill an estimated 42,000 people every year. And the death count keeps rising.
- **The marketing of madness: are we all insane?** [Story]
2008, CCHR (Citizens Commission on Human Rights www.cchr.org) - DVD (held at the Central West library)
The definitive documentary on psychotropic drugging—this is the story of the high-income partnership between drug companies and psychiatry which has created an \$80 billion profit from the peddling of psychotropic drugs to an unsuspecting public.

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- The Belief in a Just World: a fundamental delusion [Practitioner]

Melvin J. Lerner, 1980, Plenum Press. ISBN: 0-306-40495-8

- Trafficked, Sophie Hayes [Story]

Pub: 2012 , HarperCollins; ISBN: 978-0007438884

- Mummy, come home, Oxana Kalemi [Story]

Pub: 2009, Harper Element; ISBN: 978-0007251964

- Little Prisoners, Casey Watson [Story]

Pub: 2012 , Harper Element; ISBN: 978-0007436606

- Beautiful, Katie Piper [Story]

Pub: 2011, Elbury Press; ISBN: 978-0091940768

- The Last Frontier: Practice Guidelines for treatment of complex trauma and trauma informed care and service delivery [Practitioner]

Pub: 2012 (No ISBN. The book can be purchased from the ASCA web site www.asca.org.au)

The purpose of the book is to help practitioners better deal with trauma survivors.

- Facilitating transition after child abuse, Antonia M van Loon RN PhD, Debbie L Kralik RN PhD [Practitioner]

2005, Pub: the RDNS Research Unit

http://www.catherinehouse.org.au/Portals/0/pdf/research_projects/ServProvResource_FINAL_Nov05.pdf

This book was written for service providers of female survivors of child sexual assault/abuse (CSA). [p19]

- Heartwounds, Tian Dayton [Self-Help], [Practitioner]

1997, Pub: HCI, ISBN: 978-1-55874-510-0

- A guide to What Works for Depression, BeyondBlue

ISBN: 978-0-646-51812-1

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- Pain Free: A revolutionary method for stopping chronic pain,
Pete Egoscue [Self-Help], 1998, Pub: Bantam Books, ISBN: 978-0-553-37988-4

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