



# **Surviving and Transcending a Traumatic Childhood: The Dark Thread (Haworth Series in Marriage & Family Studies)**

*Linda Skogrand, John DeFrain, Nikki DeFrain, Jean Jones*

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A powerful guide to transcending childhood trauma—from the people who've done it

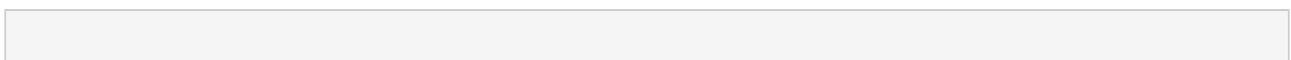
It's like a dark thread woven through a piece of cloth: You can't pull it out without unraveling the whole thing. And it shows up here and there among all the other threads.

*Surviving and Transcending a Traumatic Childhood: The Dark Thread* weaves together 90 stories of survival to create a silver lining of hope for those struggling to heal from childhood trauma. This unique book documents the endless challenges facing children and adults who have been subjected to physical, emotional, and psychological abuse, and examines the proactive coping strategies that have made their recoveries a success. Each poignant story reveals an amazing capacity for growth and an ability to adapt emotionally that offers a positive spirit to others suffering abuse.

*Surviving and Transcending a Traumatic Childhood: The Dark Thread* examines how 90 people who have experienced childhood trauma and abuse have been able to rise above the suffering to not only endure, but prevail. In their own words, trauma survivors discuss what happened to them as children and the process they went through to become healthy, happy adults. Their stories are heartfelt, heartbreaking, and sometimes surprising in the variety of traumatic experiences, the intensity of the stress, and the number of people who were forced to deal with multiple issues in childhood, including sexual and physical abuse, alcoholism, neglect, and violence. The stories told in *Surviving and Transcending a Traumatic Childhood: The Dark Thread* explore:

- when the trauma began
- common feelings associated with trauma
- therapy and support groups
- getting married
- escaping abuse
- the role of religion and spirituality
- significant people who provided help
- types of homes where abuse occurred
- the positive effects of surviving trauma
- school life
- patterns of survival
- and much more

*Surviving and Transcending a Traumatic Childhood: The Dark Thread* also includes a list of resources that might be helpful to those in the process of transcending trauma and a self-study guide for developing a deeper understanding of the healing process.



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Exactly why? Because this Surviving and Transcending a Traumatic Childhood: The Dark Thread (Haworth Series in Marriage & Family Studies) is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book adjacent to it was fantastic author who write the book in such amazing way makes the content on the inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking approach. So , still want to delay having that book? If I were being you I will go to the reserve store hurriedly.

**Patricia Koop:**

Reading can called brain hangout, why? Because when you are reading a book particularly book entitled Surviving and Transcending a Traumatic Childhood: The Dark Thread (Haworth Series in Marriage & Family Studies) your mind will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely will become your mind friends. Imaging each word written in a publication then become one contact form conclusion and explanation this maybe you never get just before. The Surviving and Transcending a Traumatic Childhood: The Dark Thread (Haworth Series in Marriage & Family Studies) giving you another experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us demonstrate the relaxing pattern the following is your body and mind will be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

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With this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple way to have that. What you should do is just spending your time very little but quite enough to enjoy a look at some books. One of many books in the top listing in your reading list is actually Surviving and Transcending a Traumatic Childhood: The Dark Thread (Haworth Series in Marriage & Family Studies). This book which can be qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upward and review this e-book you can get many advantages.

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