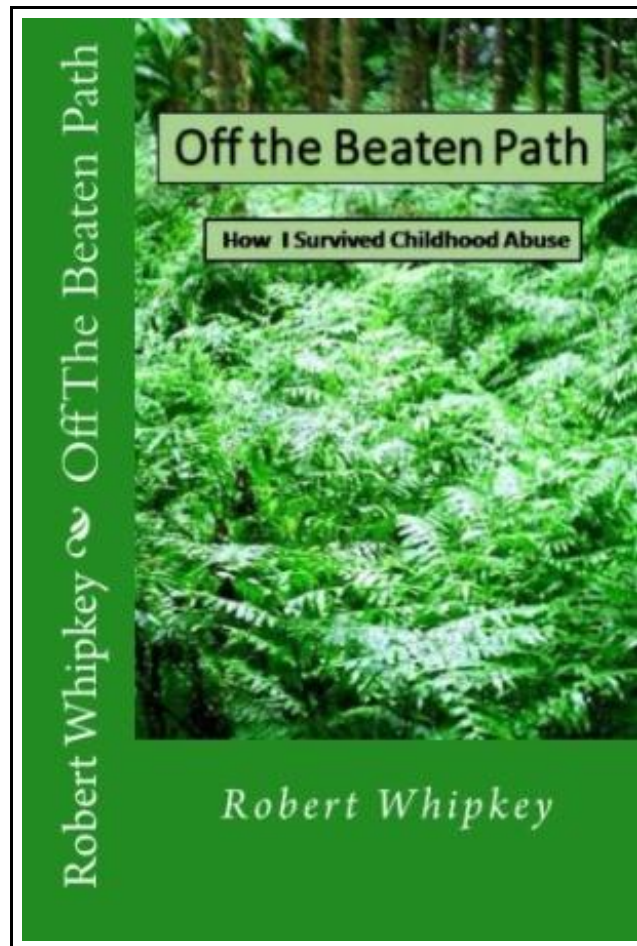


Off the Beaten Path: How I Survived Childhood Abuse



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In my case, abuse came in many different forms. Physical abuse was one form. I suffer from tail bone (coxxyc) injury to this day. Mental, psychological, sexual, and religious abuse were the other forms of abuse. Religious abuse can cause a child to believe that killing in the name of God is OK. My second book Evangelicals, Gay is OK here s why delves into that subject. When the abuse stopped, without me realizing it, I picked up self abuse by making bad choices and descending into addiction. I got help from 12 step rooms but it wasn t enough. I needed more information and had relapsed a lot for the first 24 years in the program. Landing in the detox psyche unit forced me to look at untreated mental illness and the reasons underneath that abuse. I was told that I was using meth for depression and alcohol and heroin for anxiety and panic. My treatment team including Dr. Drew Pinsky (Las Encinas Wednesday nights) taught me that I was self medicating and the drugs and alcohol were my attempt to correct psychological problems. They taught me a new way to deal and cope. Although I believe that some issues are almost impossible to get rid of, I am much better off than before treatment, which is ongoing. I started to have fun around twelve years old when the abuse slowed down, but some of it was destructive fun and didn t truly make me happy. The book ends well. This book was entitled Terrified but I changed it to Off the Beaten Path since that title sounds more like the solution rather than the problem. I...

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