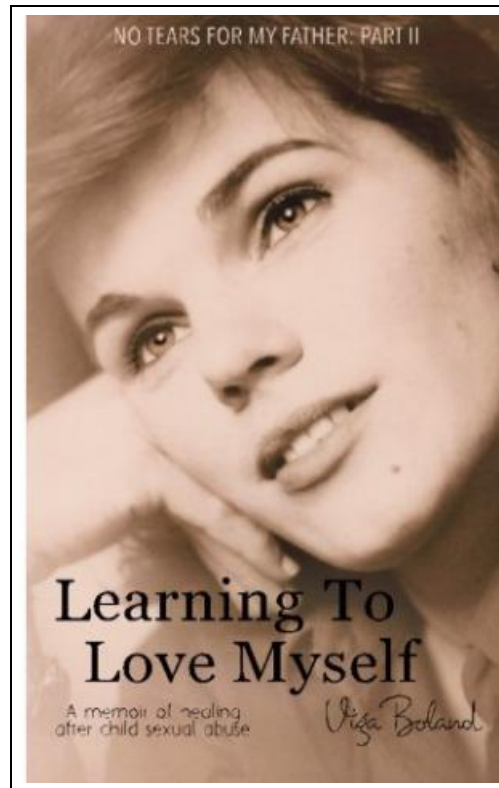


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The author, Viga Boland, was the victim of child sexual abuse at the hands of her biological father for 14 years. She told no-one of the abuse, including her husband of 45 years, until she was 65 years old. Why did she keep quiet for so long? How did she heal? Did she have therapy? What are the long terms effects on a victim s life and her own family even after she gets away from her abuser? In the intimate, conversational tone that Viga Boland told her gold-medal winning true story of incest, No Tears for my Father, the author now shares the rest of her life with her readers and shows that through unconditional love, healing is possible. When a victim learns to love herself, only then can she truly love another. Learning to Love Myself is a story of hope that the abused can have a brighter tomorrow.



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