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# **From Incest to Hope**

Lynne Osgerby



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## From Incest to Hope

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### From Incest to Hope Lynne Osgerby

If you are a survivor of incest or think you might be or have known but not been able to face it, this book is for you. More than a survivor's story, this book is written with a genuine desire to help others move beyond the pain of the past into the wonderful life God intends.

There are practical self-help ideas for dealing with the real consequences of incest and suggestions for how to find help. The book seeks to coach the reader through the transition of healing more quickly than she might manage it on her own and save precious time in the process.

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