



**By Jennifer Kingsonbloom Bodily Harm: The
Breakthrough Healing Program for Self-Injurers
(1st First Edition) [Hardcover]**

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Self-injury is one of our society's fastest-growing and most disturbing epidemics. Bodily Harm is the most authoritative examination of this alarming syndrome and the first to offer a comprehensive treatment regimen. Written by the directors of S.A.F.E. (Self Abuse Finally Ends) Alternatives, it clearly defines what cutting is and explains the kinds of emotional trauma that can lead to self-mutilation. Most importantly, Bodily Harm offers a course of treatment based on years of experience and extensive clinical research; as well as compassion, advice, and hope for the afflicted and their loved ones.

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