



# Secret Scars: One Woman's Story of Overcoming Self Harm

*Abigail Robson*

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## **Secret Scars: One Woman's Story of Overcoming Self Harm** Abigail Robson

From five years old, Abbie didn't know who she was supposed to be. To deal with her lack of identity she turned to self-harm, using it as a form of control. Eventually she began the painstaking process of stopping her behavior and discovering who she was in Christ. In her stark autobiography Abigail Robson deals with the delicate and often misunderstood issues of self harm, bulimia and anorexia. Dispelling the often held belief that 'cutting' is purely attention seeking behaviour the book offers first hand insight into the torment which many people suffer in an attempt to cope with the reality of everyday day life. Robson is disarmingly honest at times as she takes the reader through her journey through self hatred, insecurity and desire for control to forgiveness, acceptance and ultimate freedom through Christ. Abigail offers hope without trivializing the immense struggles involved in breaking free from this desperate, lonely and destructive cycle.

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#### **Rita Kirby:**

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their very own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Secret Scars: One Woman's Story of Overcoming Self Harm can be fine book to read. May be it could be best activity to you.

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Reading a book to get new life style in this season; every people loves to learn a book. When you learn a book you can get a great deal of benefit. When you read books, you can improve your knowledge, simply because book has a lot of information into it. The information that you will get depend on what sorts of book that you have read. If you wish to get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, in addition to soon. The Secret Scars: One Woman's Story of Overcoming Self Harm provide you with new experience in reading a book.

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