

The Feminist Bookshop

Shop 9, Orange Grove Plaza, Balmain Rd Lilyfield NSW 2040
ph: (02)9810 2666 fax: (02)9818 5745 email: feministbookshop@iprimus.com.au
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Self-Harm

The Scarred Soul: Understanding and Ending Self-Inflicted Violence

Tracy Alderman \$31.95

A Self-Help guide, this is one of the few books written for the victims of self-inflicted violence. It teaches victims what they can do to stop hurting themselves. Equally important for therapists, family members, and friends.

Bodies Under Siege

Armando Favazza \$38.95

This work analyses the complex issues surrounding self-mutilation, drawing on case studies from clinical psychiatry and cultural anthropology to show that the phenomenon is deeply embedded culturally, and far more common than is often thought.

Deliberate Self-Harm in Adolescents

Claudine Fox \$45.95

Freedom From Self-Harm

Kim Gratz \$33.95

Understanding and overcoming self-injury with healthy coping skills.

By Their Own Young Hand

Keith Hawton \$51.95

Practical book offering advice on how to identify young people at risk of self-harming or suicide.

Suicide and Self-Harm

Justin Healey \$17.50

From the "Issues in Society" series of books which contain previously published information sourced from newspapers, magazines, journals, government reports, web sites, and surveys. Offers up-to-date and diverse information on suicide and self-harm in Australia.

Helping Teens Who Cut

Michael Hollander \$23.95

Understanding and ending self-injury, a valuable resource for parents of teens.

Red Tears

Joanna Kenrick \$16.95

Well written teen fiction about a young girl Emily who responds to stress in her life by harming herself.

Bloodletting

Victoria Leatham \$24.95

A frank, honest, strangely uplifting and at times darkly humorous memoir about self-harm, eating disorders, depression, dysfunctional families, self-image, courage and ultimately triumph.

Cutting

Steven Levenkron \$24.95

Written for self-mutilators, parents, friends, counselors, explains why the disorder manifests in self-harming behaviour and describes how the self-mutilator can be helped.

When Your Child Is Cutting

Merry McVey-Noble \$31.95

Parent's guide to helping children overcome self-injury. Guide to causes and effects of self-injury

Women Who Hurt Themselves

Dusty Miller \$27.95

Provides help for women who secretly hurt themselves. Filled with moving stories, this powerful and compassionate book is the first to focus on women who harm themselves through self-mutilation, compulsive cosmetic surgeries, eating disorders, and other forms of chronic injury to body.

Addictions And Trauma Recovery

Dusty Miller and Laurie Guidry \$38.95

Dusty Miller's treatment model for addiction and self-injury outlined in "Women Who Hurt Themselves" has been expanded in this work to include the physical and spiritual impact of trauma. Each treatment component includes clearly articulated illustrated explanations.

Beyond Madness \$46.95

This text discusses team, group and community settings for interventions, and the five stages a client at the Arbour Crisis Centre passes through. It examines provisions for clients who self-harm, and provides examples of interventions.

Bleeding To Ease The Pain

Lori Plante \$69.95

Cutting, self-injury and the adolescent search for self. Guidance for dealing with a growing epidemic of self-harm in young people.

Living On The Razors Edge

Matthew Selekman \$49.95

Solution-oriented brief family therapy with self-harming adolescents.

Working With Self-Harming Adolescents

Matthew Selekman \$33.95

Collaborative strengths-based approach to working with self-abusing teens.

Stopping The Pain

Lawrence Shapiro \$24.95

A workbook for teens who cut and self-injure.

Women and Self-Harm

Gerrilyn Smith and others \$26.95

Very helpful book includes comprehensive resources for help and advice, strategies for recovery and healing, accessible, non-judgemental and woman-centred approach.

A Bright Red Scream

Marilee Strong \$25.95

Personal stories of self-mutilation and the language of pain. A book that will change your ideas about this condition.

Healing The Hurt Within

Jan Sutton \$43.95

Guidance on how to understand self-injury and self-harm, and heal the emotional wounds. For professionals, family, and self-harmers.

Secret Scars

VJ Turner \$43.95

Uncovering and understanding the addiction of self-injury especially amongst teenagers.

Hidden Self-Harm

Maggie Turp \$44.95

This practical and accessible book of case studies takes a new look at self-harm, focusing on the under-explored area of hidden self-harming behaviour.

Prices can change without notice due to publisher increases beyond our control.