



Self Harm

Kate Middleton

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Self harm is an increasingly common feature in modern society, affecting one in ten people. It is most common among the young, but is found in every age group, wherever people are struggling to cope with extreme emotions. This accessible and practical book demystifies a subject many people find hard to understand, assessing its causes and showing the way to recovery. Throughout the book the authors draw on case histories and personal stories, as well as using contributions from other experts in the field. Suitable for the carer and self harmer alike, this book offers an encouraging companion along the path to recovery.

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Carrie Porter:

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