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REPAIR Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse

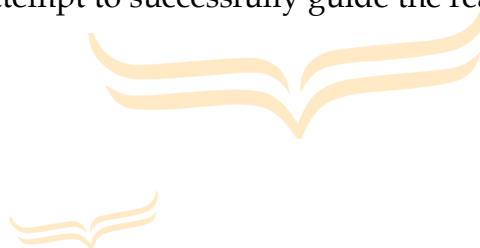
Marjorie McKinnon
Loving Healing Press (2008)
9781932690521

Reviewed by Kam Aures for RebeccasReads

“REPAIR Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse” by Marjorie McKinnon is an easy-to-follow guide to enable those abused to head down the path to recovery. She states “the purpose of this program is to send you into the world with useful tools for recovery. You will not read this book and get healed immediately. It contains exercises as well as thought-provoking questions that will plant seeds. These seeds will turn into blossoms, giving you direction and guidance in a world that at times will seem dark.” (p.27) McKinnon, however, is not a therapist, and unlike some of the professionals in the field, she had been abused and has had a successful recovery. What better person to learn from than one who has been through the same situations and has gone through the journey of recovery with positive results?

McKinnon begins the book by chronicling her own personal experiences with incest and the recovery process. She presents her story as “a classic example” and mainly focuses on the resulting ramifications of being abused. For her, the abuse led her to enter abusive relationships, wreaked emotional havoc on her life, and caused her to have a poor self-image, among other things.

Her own recovery was approximately a five-year process, and from her experiences she developed the REPAIR program based on the steps and techniques that worked best for her. REPAIR consists of six different stages: Recognize, Enter, Process, Awareness, Insight, and Rhythm. McKinnon devotes a chapter to each stage in an attempt to successfully guide the reader through the transformation process.





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The information in the book is presented in a direct manner, which is very easy to comprehend. The writing does not consist of a lot of technical terms that are hard for the average person to understand. The book is written by a regular person, and intended for an average, regular person to read. This is one thing that makes McKinnon's book stand apart other books addressing this same topic. "REPAIR Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse" is a book that would be beneficial to anyone who has suffered from sexual abuse, anyone who knows someone who has been abused, and those individuals who deal with victims on a regular basis.

