



Take Back Your Life: Recovering from Cults and Abusive Relationships

Janja Lalich, Madeleine Tobias

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Cult victims and those who have suffered abusive relationships often suffer from fear, confusion, low self-esteem, and post-traumatic stress. *Take Back Your Life* explains the seductive draw that leads people into such situations, provides guidelines for assessing what happened, and hands-on tools for getting back on track. Written for victims, their families, and professionals, this book leads readers through the healing process.

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