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How to Reclaim Your Life After Sexual Trauma: 10 Steps

Jean J. Jensen is a therapist and the author of Reclaiming Your Life: A Step-by-Step Guide to Using Regression Therapy to Overcome the Effects of Childhood Abuse. Contemporary Psychology said the book "provides practical and compassionate guidance on dismantling the childhood defenses of repression and denial." Jensen earned her MSW Degree from the University of Minnesota School of Social Work in 1963.

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