



Secret Scars: One Woman's Story of Overcoming Self Harm

Abigail Robson

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From five years old, Abbie didn't know who she was supposed to be. To deal with her lack of identity she turned to self-harm, using it as a form of control. Eventually she began the painstaking process of stopping her behavior and discovering who she was in Christ. In her stark autobiography Abigail Robson deals with the delicate and often misunderstood issues of self harm, bulimia and anorexia. Dispelling the often held belief that 'cutting' is purely attention seeking behaviour the book offers first hand insight into the torment which many people suffer in an attempt to cope with the reality of everyday day life. Robson is disarmingly honest at times as she takes the reader through her journey through self hatred, insecurity and desire for control to forgiveness, acceptance and ultimate freedom through Christ. Abigail offers hope without trivializing the immense struggles involved in breaking free from this desperate, lonely and destructive cycle.

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