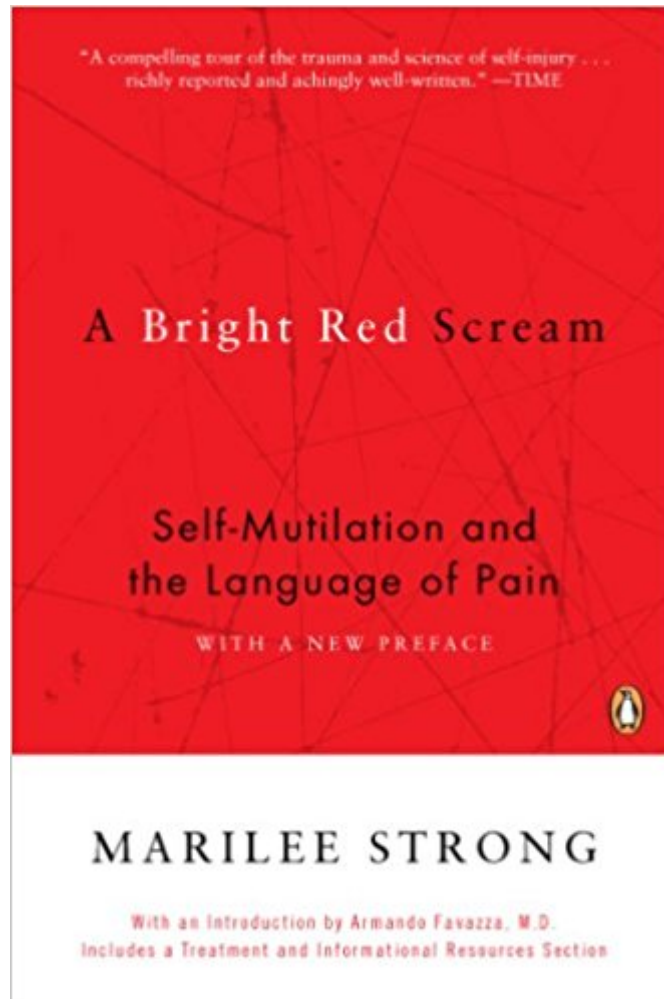


The book was found

A Bright Red Scream: Self-Mutilation And The Language Of Pain



Synopsis

Self-mutilation is a behavior so shocking that it is almost never discussed. Yet estimates are that upwards of eight million Americans are chronic self-injurers. They are people who use knives, razor blades, or broken glass to cut themselves. Their numbers include the actor Johnny Depp, Girl Interrupted author Susanna Kaysen, and the late Princess Diana. Mistakenly viewed as suicide attempts or senseless masochism--even by many health professionals--"cutting" is actually a complex means of coping with emotional pain. Marilee Strong explores this hidden epidemic through case studies, startling new research from psychologists, trauma experts, and neuroscientists, and the heartbreaking insights of cutters themselves--who range from troubled teenagers to middle-age professionals to grandparents. Strong explains what factors lead to self-mutilation, why cutting helps people manage overwhelming fear and anxiety, and how cutters can heal both their internal and external wounds and break the self-destructive cycle. *A Bright Red Scream* is a groundbreaking, essential resource for victims of self-mutilation, their families, teachers, doctors, and therapists.

Book Information

Paperback: 272 pages

Publisher: Penguin Books; Reprint edition (October 1, 1999)

Language: English

ISBN-10: 0140280537

ISBN-13: 978-0140280531

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (105 customer reviews)

Best Sellers Rank: #188,874 in Books (See Top 100 in Books) #97 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #328 in Â Books > Medical Books > Psychology > Mental Illness #548 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

Customer Reviews

Now in my mid-30's, I bought this book after seeing the movie *Secretary* and recognizing myself as a teen in the main character of the movie. Although, in my case, I overcame my urges to self-injure (in ways other than cutting, which this book addresses) on my own and through the process of maturation and some very focused self-examination in my 20's, I still found myself fascinated as to

why I, or any person, would resort to self-mutilation as a way to feel relief and a temporary sense of peace since the act and the resulting feelings seem so incredibly incongruent. This book took me back and allowed me to see and understand myself in ways I never expected and far beyond what I had already ascertained self-mutilation was about based on my own self-understanding. It also allowed me to see where I still lean toward the behavior in subtle, almost undetectable ways even though I have been under the impression for over 15 years that I no longer "act out" or would be considered a self-mutilator. The book is extremely well written and researched and the case studies cited enable the reader to identify - whether you are or were a self-injurer yourself or know someone who is. The author suggests many reasons why self-mutilators do what they do, why and how this gamut of behaviors addresses crucial needs they have and why it isn't as easy to refrain from when a loved one who doesn't really understand says, "Stop that!" Strong explains the behavior from psychological, emotional, spiritual, physical, chemical, environmental and medical perspectives so that one can gain a full and well rounded picture of self-mutilation, it's causes and it's effects - both overt and obvious as well as subtle and nearly imperceptible.

[Download to continue reading...](#)

A Bright Red Scream: Self-Mutilation and the Language of Pain
Sex: Make Him Scream: Make Your Man Scream In Bed, Simple Techniques To Make Him Love You Now And For Better Relationships
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)
Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness)
(21-Day Challenges Book 6)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Confessions Of A Cutter: A True Story of Sexual Abuse, Self Mutilation, and Recovery
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies)
The Empress of Bright Moon (The Empress of Bright Moon Duology Book 2)
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy

Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Ukrainian Red Borscht Recipe: Step-by-step Picture Cookbook - How to Make Red Borsch (Red Soup or Borsht) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs

[Dmca](#)