



# Singing with the Sirens: Overcoming the Long-Term Effects of Childhood Sexual Exploitation

*Ellyn Bell, Stacey Bell*

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Numerous women in our culture have experienced shame, degradation, and despair as a result of having been sexually traumatized early in life. Some of these women end up in unhappy marriages or abusive relationships; some fall prey to a variety of addictions, silently or publicly; and some find themselves working in the sex industry. And for many survivors, their situations—and the situations that have brought them there—are secrets that have no voice.

In *Singing with the Sirens*, experts Ellyn Bell and Stacey Bell address the long term complex trauma that results from the sexual abuse and exploitation of girls and young women, drawing on their personal and professional experiences to explore the link between the sexual abuse of children, issues of attachment and safety, and the commercial exploitation of young people. But this is not strictly a scholarly book or a memoir of personal experience; rather, the authors address this problem from a perspective of self-realization and transformation, taking the reader on a journey through mythological tales toward finding healing from within. Poetic, hopeful, and powerful, *Singing with the Sirens* is a call for wounded women everywhere to reclaim their own truth, spirit, and to sing with their authentic voice.

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