



# Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure

Jerusha Clark

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### Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure Jerusha Clark

Cutting oneself is a practice that has crossed age and gender lines. This book explores this complex issue of cutting without offering any pat or simple fixes. A great resource for those who engage in cutting or want to help someone who does.



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