



Hungry For Touch

Lauren Peltier

[Download now](#)

[Read Online](#) 

Hungry For Touch

Laureen Peltier

Hungry For Touch Laureen Peltier

“I don’t want you to think too hard about this,” Dr. Erickson says cautiously.

But I am thinking about it. I’m thinking about how I hate to be touched, how I push men away, and how deeply afraid I am of sex. For the first time in my life I wonder why. What happened in that room that permanently stopped me from having intimate relationships?

What did I do?

When her childhood sexual trauma is triggered, Laureen Peltier finds she can no longer avoid the haunting memories of her father molesting her. By chance, during a crisis, she meets the doctor fated to change her life. She grants Dr. Erickson, a male psychiatrist, one year to help her heal from Post-Traumatic Stress Disorder. His unconventional therapies pressure Laureen into fighting, sometimes physically, her lifelong fears and traumas in order to integrate the scared little girl of her past with the now grown woman who hungers for meaningful relationships, love, intimacy and sex.

Hungry For Touch Details

Date : Published March 21st 2016 by Inhoe Press

ISBN : 9780996822800

Author : Laureen Peltier

Format : Paperback 342 pages

Genre : Nonfiction, Autobiography, Memoir, Psychology, Mental Health, Mental Illness, Health

 [Download Hungry For Touch ...pdf](#)

 [Read Online Hungry For Touch ...pdf](#)

Download and Read Free Online Hungry For Touch Laureen Peltier

From Reader Review Hungry For Touch for online ebook

Nataly Trofimova says

Thank you NetGalley and by Inhoe Press for providing an ARC in exchange for an honest review.

How can you review someone's life? How can you say "I like this, I didn't like that"?

For me, Lauren Peltier's life was (and is) one big HELL. First of all, I don't understand Lauren's mother. Is it really possible not to notice what is going on under your nose? How can mother let this monster do these horrible things with her children?

Secondly, Lauren's therapy. Why hiding something, if you want help? Why not telling everything that's on your mind? Maybe, I'm wrong and don't understand something, but I think that hiding important things was stupid.

In spite of everything that I said, I admire Lauren for her courage. She has found the strength to tell everybody about her life, her problems and she is not afraid to be judged.

I hope this book will help many other people who has the same problem as Lauren.

diana acrey says

Enlightening

I never knew why I would suddenly become sad. Now I do. Thanks lauren for sharing. I was molested or raped. Whatever I am very comfortable with my relationship now.

Susan Walker says

This is courageous true story of abuse, treatment and forgiveness by Lauren Peltier. Parts of the story are hard to get through but it is worth it. I have great admiration for the Author after reading about her story.

Jessyca Garcia says

Lauren Peltier's book "Hungry For Touch" is a very emotional story. In this book Peltier tells how she suffered from PTSD as a result from being molested at an early age by her own father. Peltier did not remember everything that her father did until her boss sexually harassed her, which caused the memories to come back. Peltier also tells how therapy eventually helped her to learn to live and be okay with being touched by another person.

"Hungry for Touch" may not be for everyone. It could cause people to remember things they do not want to. Peltier's chapters alternate between her childhood/adult memories and her therapy appointments. In her therapy chapters, the reader is in therapy with her, hearing and seeing everything that went on. The therapist uses different techniques on her to try and help her to learn to like being touched. I really appreciated that Peltier explained each technique used and how it worked. I have never experienced therapy so I was not aware of all of the different exercises therapists use. However I did think that the exercises were interesting, especially EMDR (eye movement desensitization and reprocessing). I also understood how Peltier felt when

asked if she does drugs. Not everyone who seeks help does drugs. The memory chapters in the book read like a story. I loved how Peltier made me remember what it was like to be a child and not be afraid of anything. These chapters were my favorite part of the book.

Overall I thought this was a good book. At times some things in the book are repetitive but the reader must remember memories and therapy are repetitive. I also think Peltier is a very strong woman. I do not know how she can still talk to her father after all this but I admire her for doing so. I am happy that she is finally able to live her life and wish her nothing but the best.

*I reviewed this book for Readers' Favorite

Lauren says

This book was very interesting and not the typical therapy story. The writer, Laureen, is a strong woman who has done what many people. She experienced sexual assault, made it through therapy, and used her story to help other people. The story is about her one year journey through therapy.

There are parts of the therapy that were different for me. EMDR is something that I have heard of, but I didn't expect it to be used in the way it was in this book. The EMDR in this book involved a lot of fantasizing and separation from reality. On the other hand, the push therapy was enlightening to me. As a social worker, this is a technique I would love to use one day if I have clients of my own. I was inspired by both the therapist and Laureen's ability to keep their boundaries while working on tough situations.

Overall, the story was inspiring and interesting. I would suggest it to anyone who is a therapist, interested in therapy, or going through therapy. I would advise readers to keep an open mind throughout the book. Many of the techniques are not traditional, but each person's journey is different.

I received this book free from goodreads giveaways (Thank you!)

Bryony Nelson says

This book was a difficult read. I could relate to the whole problem with intimacy and touch in the aftermath of sexual assault but I personally found it hard to relate to the scenes about Peltier's inner child (but that was obvious as mine was not a childhood assault).

I really liked how she included the reader into her personal therapy sessions and also added in chapters of her life behind the scenes when the therapy was taking place. In those chapters, you really can see Peltier healing and changing to finally be free.

Some scenes of the book were hard to get through because of the heavy subject matter but I do think this would be a great book of hope and survival for victims and survivors of assault.

All in all, I would recommend this book to people struggling with similar issues to Peltier as it did open my eyes to certain therapies, such as EMDR and counter-pressure therapies.

Massive admiration to Peltier for laying bare her journey of healing.

Jackie Rogers says

This is the true story of molestation by a dad. Laureen Peltier tells her story with emotion and hope. She is in her thirties and never been intimate with a man because of what her dad did to her. Also happened to her sisters, but this is how Laureen found a therapist that led her to healing. I chose this book as I too am a survivor. Know there are many out here battling this same heartbreak whether by a relative or other. Will be helpful to many, but will also dredge up memories we may not want to revisit. Is a helpful book shared by someone enduring and healing. May help you. Consider reading if wanting the truth of molestation. Thank you Ms. Peltier.

Cat Parker says

I was lucky enough to receive a copy of this memoir through goodreads giveaways. Dr Erickson sums it up perfectly in his foreword..."This memoir is engrossing, but it is not a light read, nor is it fun." It's hard to review somebody's life. This is a true account of years of sexual abuse to Laureen and her sisters by their father. Her memoir takes us through her therapy sessions and we see as she starts to reconcile her past to be able to move forwards. It's very honest and brave. I strongly feel that this book could help others to take steps to seek help to find peace. If she helps just one person then writing her memoir was worthwhile. I'd love to give this book a higher rating but due to the content I feel that it wouldn't be a book I'd read again. I will pass it on in the hope that one day it falls into the hands of someone in need of a story like this.

Neil says

I received a free copy via Netgalley in exchange for a honest review.
I realised this was going to be a difficult book to read due to the subject.
But I just could not relate to the author and I found the story to depressing.so was unable to finish.

Badass Lioness says

This was a tough read for me. This highlights a specific form of therapy called EMDR. This account of her incest and EMDR sessions are personal, revealing, and may trigger sexual abuse victims. It gives hope as her memoir unfolds that healing is possible. After an psych ward stay and being fired from a top job, she finds a method that might allow for safety and for healing.

The title reveals the core of the problem. Laureen is hungry for touch, but she can't stand being touched by a man. She has images that haunt her. And Dr. Erickson's sessions are her chance to explore the feelings, images, and buried memories. This is her chance to break through a past that has affected her life in such a way that she cannot have an intimate relationship. At 38, she is finding a way out of this trap.

Her labels for her sisters are: Pleasing Sister, Angry Sister, Analytical Sister, Shameful Sister, and she is Pretending Sister. But she could change her label to Healing Sister. This journey is focused on the therapy sessions, bits and pieces from the past, and how the sessions affect her daily life. Could life have turned out differently if her father had had a different childhood or was it inherent?

The sessions are quite detailed with the images in her head explained. Her inner turmoil shows how hard it was for her to deal with her past and move on from it on her own. It would have been impossible, in my opinion. The method and the wand used helped her to safely explore her memories and disturbing images with someone who guided her.

She is also working on reclaiming her sexuality and intimacy as an adult, which is the touch referenced in the title. This can be a big issue for survivors. Sex was defiled by the earlier abuse. The child's view of sex imbues her adult reactions. It acts as a stumbling block that keeps her from having romantic relationships, and that is a very high price to pay for something that was never her fault.

This story could give hope to sexual abuse/incest survivors who may be inspired to try this method, or to keep trying ways to heal, instead of settling as her sisters did. It is a story of hope. One important aspect was the concrete, physical changes she made because of the healing work and her healthy relationship with Dr. Erikson. Both can help others have an idea of what constitutes a therapy that works as they navigate their own healing.

Note: I received the review copy from NetGalley, and this is my honest review.

Berni Hollinger says

Excellent writing surrounds this book about a 37-year old young woman who is experiencing PTSD resulting from the sexual abuse of her father. As you read the story, you discover that she and her four sisters were continually molested throughout their young lives. The author's skill in involving you in the story is evident from the first chapter.

Laureen Peltier is a successful manager who experiences sexual advances from a male superior resulting in a breakdown that has her seeking psychotherapy to reconcile her partial memories of her trauma with the past. The book shows her determination to understand what happened in the past that is preventing her from being touched in the present.

The book is a successful blending of therapy sessions coupled with glimpses of her childhood. The author does an outstanding job of balancing her traumatic childhood events and subsequent therapy with the everyday family and childhood interactions of a large family.

Although the subject matter is disturbing, the book gives hope and inspiration to all survivors of sexual abuse. It is well worth reading.

Hannah Jemar says

Absolutely loved it!! Impossible to put down
