



# **The Alien Abduction Survival Guide: How to Cope with Your ET Experience**

*Michelle LaVigne-Wedel*

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This guidebook, unlike other books about the abduction phenomena, is not merely a collection of scary stories whose purpose is to convince the reader that abduction events are real-nor is it a book channeled by some unseen force who claims to know everything about the aliens or even to be one. This is a guide written by an experienced alien abductee to help other abductees deal with the exceedingly unusual events of their lives. It is a practical look at the traumas faced by abduction experiencers providing tested solutions to these problems that really work.

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