

# RESOLVE

A story of courage, healthy inquiry and recovery from sibling sexual abuse

Alice Perle

## What this book is

Resolve is a memoir-informed guide that helps families recognise the often unseen realities that can exist between siblings, while also helping adult survivors understand that what they lived through was real, harmful and not theirs alone to carry. Written with care, restraint and clarity, Resolve weaves lived experience with research and reflection to support understanding, prevention and recovery across the lifespan.

## Who this book is for

- parents and caregivers who want to better understand sibling dynamics, risk factors and early warning signs
- adult survivors of sibling sexual abuse seeking validation, context and a sense of not being alone
- partners, family members and friends wanting to better understand how abuse can shape a life
- educators, counsellors and practitioners working with families and trauma-impacted adults

## What makes *Resolve* different

- it focuses on sibling sexual abuse, one of the least discussed and least understood forms of intra-familial abuse
- it balances personal narrative with research, without sensationalism or graphic detail
- it is written to be safe to read, share and leave present in homes and professional spaces
- it speaks to prevention, understanding and recovery without blame or shock

## How readers often encounter this book

Resolve is often discovered indirectly. Left on a coffee table. Passed between hands. Picked up when words have not yet been found. Its presence has opened conversations families had never had and helped survivors feel less alone in moments that matter.

## Author note

Alice Perle writes from lived experience, with the intention of breaking silence without causing harm. This book was written to support awareness, prevention and healing for individuals and families, and to contribute thoughtfully to a conversation that has too often been avoided.

## Availability

Resolve is widely available through established book and library distribution channels. The book can be purchased in paperback and ebook formats through major online retailers, including Amazon, and can be ordered through most Australian and international bookstores via standard distribution.

Resolve is registered with the National Library of Australia and state library systems and can be requested or accessed through public and educational libraries. Copies are already held in libraries following reader and professional recommendations. If you are a librarian, bookseller or practitioner seeking additional information, a printable overview of the book is available below.

An audiobook edition, narrated by the author, is available through major audio platforms, including Spotify for Premium subscribers. Many readers choose to listen rather than read, and this format allows the book to be received at a pace and in a way that feels manageable.

## Publication details

First published in Australia in 2023

Publisher: Blue Borage Publishing

Paperback ISBN: 978-0-6457497-0-0

Ebook ISBN: 978-0-6457497-1-7

Printable overview prepared for sharing and reference

