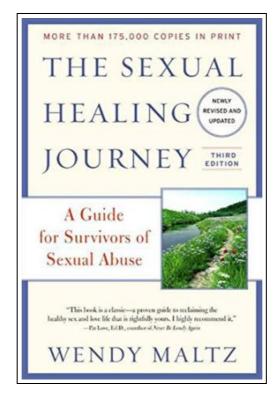
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (3rd Revised edition)



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Reviews

It in one of the most popular book. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Camylle Larson)

THE SEXUAL HEALING JOURNEY: A GUIDE FOR SURVIVORS OF SEXUAL ABUSE (3RD REVISED EDITION)



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (3rd Revised edition), Wendy Maltz, Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, survey results, and workshops, this book is filled with first-person accounts of women and men at every stage of sexual healing. This compassionate resource helps survivors to: identify the sexual effects of sexual abuse; create a positive meaning for sex and develop a healthy sexual self-concept; gain control over upsetting automatic reactions to touch and sex; stop negative sexual behaviors and resolve specific sexual problems; establish or improve intimate relationship; and, discover the joys of sexual intimacy.

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