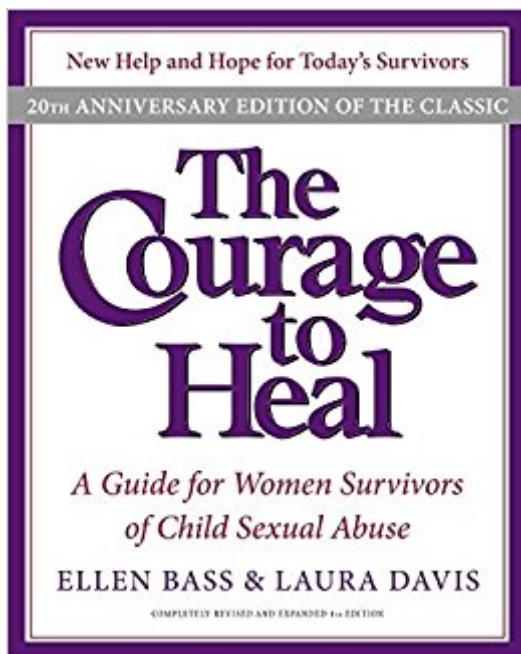


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# The Courage To Heal: A Guide For Women Survivors Of Child Sexual Abuse, 20th Anniversary Edition



## **Synopsis**

Come to terms with your past while moving powerfully into the future. *The Courage to Heal* is an inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child—and to those who care about her. Although the effects of child sexual abuse are long-term and severe, healing is possible. Weaving together personal experience with professional knowledge, the authors provide clear explanations, practical suggestions, and support throughout the healing process. Readers will feel recognized and encouraged by hundreds of moving first-person stories drawn from interviews and the authors' extensive work with survivors, both nationally and internationally. This completely revised and updated 20th anniversary edition continues to provide the compassionate wisdom the book has been famous for, as well as many new features: Contemporary research on trauma and the brain; An overview of powerful new healing tools such as imagery, meditation, and body-centered practices; Additional stories that reflect an even greater diversity of survivor experiences; The reassuring accounts of survivors who have been healing for more than twenty years; The most comprehensive, up-to-date resource guide in the field; Insights from the authors' decades of experience; Cherished by survivors, and recommended by therapists and institutions everywhere, *The Courage to Heal* has often been called the bible of healing from child sexual abuse. This new edition will continue to serve as the healing beacon it has always been.

## **Book Information**

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## **Customer Reviews**

Based on the premise that "everyone wants to become whole," this book offers help and

encouragement to women who were sexually abused in childhood. Through moving firstperson narratives, it illustrates how to come to terms with the past and work constructively towards the future. Along the way it describes the effects of sexual abuse, maps the stages survivors pass through, and offers practical guidance on dealing with self-defeating behaviors and building self-esteem. Supportive strategies are recommended to families, friends, and health-care professionals. The final "Resources for Healing" lists services and self-help programs and a bibliography. Compassionate and supportive. Judith Janes, Univ. Hospitals of ClevelandCopyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The classic and definitive self-help guide for women survivors of sexual abuse, *The Courage To Heal* is a tool for recovery that works. This is also the book often cited by those who challenge the credibility of incest survivors. Some survivors of childhood abuse recover memories of these traumatic early experiences years after the original events, and it is these recovered memories that are said to be false memories, implanted in the allegedly impressionable minds of survivors. I was curious to see how this revised and expanded third edition would differ from the much maligned first. In addition to an Afterword that carefully analyzes and refutes the false memory syndrome argument, the authors have made revisions throughout the book which offer guidelines for assessing confusing memories. The authors' commitment to survivors is clear throughout the book, beginning with the book's endorsements, which come not from therapists, but from anonymous survivors. This is a comprehensive, supportive, carefully worded and often passionate book, as helpful for those who are the partners, friends or family of survivors, as for survivors themselves. -- From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by Patricia Pettijohn --This text refers to an out of print or unavailable edition of this title.

My first copy of this book was of the first printing. It saved my life! since then I have bought many copies to give away in that It is still one of the best ones out there.

This book helped me so much. I knew I had been attacked as a child and my mother confirmed it, but she wouldn't tell me what happened. This book helped me to remember and deal with how the event affected me.

A great book for survivors. Literally, it provides comfort on the roughest days. Stay strong.

I use this book for my clients with childhood sexual abuse. They complete the writing assignments and reading in their own time and discuss in session. Every client that is invested in moving forward toward healing has benefited from this book. My supervisor stated that this is the best book ever written on the subject.

Have just started reading this book in conjunction with continuing to see my therapist twice a week. Also just started attending a support group for adult survivors of child sexual abuse. The book is very helpful.

A very helpful book. I identified with so many sections, finally realizing that the feelings I've held onto for so long are ways I've coped with the abuse I suffered. Although it's been hard to relive some moments of my past, I feel stronger for finally facing & accepting the things I have gone through.

It's a very good book and it had. The additional Benefit of being recommended by my therapist another necessary book

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