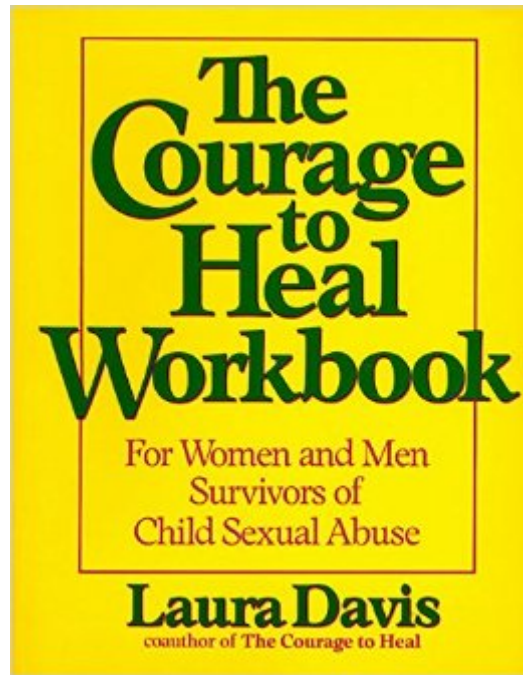


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# The Courage To Heal Workbook: A Guide For Women And Men Survivors Of Child Sexual Abuse



## Synopsis

In this groundbreaking companion to *The Courage to Heal*, Laura Davis offers an inspiring, in-depth workbook that speaks to all women and men healing from the effects of child sexual abuse. The combination of checklists, writing and art Projects, open-ended questions and activities expertly guides the survivor through the healing process. *Survival Skills* "Teaches survivors to create a safe, supportive environment, ask for help, deal with crisis periods, and choose therapy. *Aspects Of Healing* "Focuses on the healing process: gaining a capacity for hope, breaking silence, letting go of shame, turning anger into action, planning a confrontation, preparing for family contact, and affirming personal progress. *Guidelines For Healing Sexually* "Redefines the concept of "safe sex" and establishes healthy ground rules for sexual contact.

## Book Information

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## Customer Reviews

The *Courage to Heal Workbook* (and its companion book) are the best books I have read on the subject of healing from Child Sexual Abuse. And I have read a lot! This book does as its title suggests - it encourages the growth of courage in dealing with difficult issues. While the work is challenging, it is also very hopeful. I have developed new coping skills and I have improved my relationship with myself and with others. With the help of this book and its companion I feel I am getting to a place where dealing with my past abuse is manageable rather than overwhelming, as it has felt in the past. I would recommend this book to anyone who is a survivor of childhood sexual assault. It is a fantastic resource.

A friend suggested this book when I struggled with my memories of childhood/adult incest and sexual abuse. It helped me realize I was not "crazy!" I have had this book for many years now, and have read a lot of books on abuse. I believe this is the best book I've ever read to aid in my recovery. It was a difficult book to read, but worth it, as it has made me aware of many of the issues that I did not even realize existed. As a person with DID(MPD) I blocked a lot out. This book helped me to come to terms with my abuse. For the first time I read "You don't have to forgive!"

I have used this book for about 4 years now...both in therapy and on my own....it has been an excellent tool for helping to develop new coping skills and for learning more about myself...me....and the kind of support that I have/need.....I HIGHLY recommend that you have some kind of support when doing this workbook....because it can be very intense....but it's worth it....

I purchased this book on recommendation of my therapist. I am a survivor of emotional, physical and sexual child abuse. I almost killed myself during the last year. After having 4 doctors, who did not know my childhood background, recommend I get into therapy, I finally did. I am reading tons of books and filling out the courage to heal workbook, as I start addressing these childhood traumas. The most important thing I have gained from the book so far, I'm not crazy, I'm not alone (the numbers are staggering), my negative behavior can be modified, and I can possibly find peace and stop negatively impacting all the people I come in contact with. If you are a survivor, or suspect that you are, read this and anything else you can get your hands on. You deserve to have what happened to you validated and to seek help to improve your life and peace. Thanks to all the people out there that can say "INCEST" and are trying to raise public awareness and provide support so all of us survivors can heal and stop the pain. I am 49 years old, female and was sexually violated by two offenders. I talked about the first offender, my uncle, when I was 18, it got swept under the rug and basically justified by saying I was mentally unstable. The memories of my father are just now presenting themselves. You're not crazy and it's not your imagination, and this book does a fantastic job explaining and showing how badly this affects your adult life and especially your relationships.

The courage to heal workbook was recommended to me by my therapist. Together we worked through the book. It made me think of things that I had forgotten. I started to realize just how much damage was done to me because of my abusers. This book has helped me more than I can say. I now realize why I started drinking more and have become addicted. I still work with my therapist every two weeks and we have made great progress because of this book. I recommend this book

for survivors.

Just as *The Courage to Heal* was my Bible in helping me get through the crisis stage of sexual abuse revisited, helping me to decipher what it was I was feeling, and that it was perfectly normal, probably more normal than anything in my life ever had been, and letting me know what I may be going through next, and how people might react to me, ect.....This *Courage to Heal Workbook* is my homework in learning to become the person I should have started out as. I do a chapter a day, but you can do it a chapter a week, or at your own pace. Pre-reading *The Courage to Heal* is not necessary, either. It's all self-explanatory. Encourages one to give lots of deep thought to differing topics and to answer honestly and in depth. I strongly recommend this workbook to anyone struggling to heal the wounds of childhood sexual abuse. It allows you to get to know the real you inside all of the protective layers that have been unconsciously piled on over the years....not who you want people to know, but who you really are, and who you were really meant to be. A bright shining star!

It is a great compliment to the textbook '*Courage to Heal*'. As much as we trust (or should trust) our therapists, some things will always be left unsaid. Allow this book to fill in the gaps. When I write about what upsets me, I feel somewhat relieved. This is a difficult book to work with, it will change your world forever, and it will change for the better. Once you get to the point of no return, hopefully, like me, you will feel that something inside of you just let go. It is OK to be angry, it is OK to cry, it is OK to fight back. Remember: long after your abuser is out of your life, he or she still controls you through the memories. This book guides you through all the hard work you have to do to control those memories and have a happy life.

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