



## The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse

*Ellen Bass, Laura Davis*

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First published in 1988, the groundbreaking **The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse** has been completely revised, updated, and expanded for its 20th Anniversary edition. Considered "a classic" and "the bible of healing from child sexual abuse," this inspiring, comprehensive and compassionate guide provides a map of support of the healing journey and a lifeline for millions. Weaving together personal experience with professional knowledge, the authors provide clear explanations, practical suggestions, strategies, and support throughout the survival healing process -- as well as help, hope and reassurance for families, friends, and caregivers. Readers will feel recognized and encouraged by hundreds of moving first-person accounts drawn from interviews and the author's extensive work with survivors, both nationally and internationally. Available in translations, as well as in an enhanced audio format, its life-saving messages resonate across cultural, linguistic, racial, religious, and geographical boundaries.

New elements included in this fourth edition are:

- an emphasis on self-care and pacing during the healing process
- contemporary research on trauma and the brain, memory, and post-traumatic stress disorder (PTSD)
- an increased focus on the body's role in healing
- an overview of powerful new healing tools such as imagery, meditation, spirituality, and body-centered practices
- stories that reflect an even greater diversity of survivors and their experiences
- in-depth guidance to help assess evolving family relationships
- new prose and poetry
- reassuring accounts of survivors who have been healing for more than twenty years
- insights from the authors' decades of experience
- and a comprehensive up-to-date resource guide.

Readers have called **The Courage to Heal** "invaluable," a "beacon of hope," "wise and gentle," and a "lifesaver." Cherished by survivors, and recommended by therapists and institutions everywhere, **The Courage to Heal** has long been considered an empowering recovery tool, as well as an essential resource for victims of child sexual abuse, incest and trauma, as well as for their loved ones.



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### **From reader reviews:**

#### **Rachel Robertson:**

This book untitled The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse to be one of several books that will best seller in this year, that is because when you read this e-book you can get a lot of benefit in it. You will easily to buy this kind of book in the book retail store or you can order it via online. The publisher of the book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Cell phone. So there is no reason to you personally to past this reserve from your list.

#### **Carol Williams:**

Playing with family inside a park, coming to see the sea world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, you may enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

#### **Arlene Farrar:**

Do you have something that you like such as book? The book lovers usually prefer to pick book like comic, brief story and the biggest some may be novel. Now, why not trying The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse that give your fun preference will be satisfied by means of reading this book. Reading behavior all over the world can be said as the method for people to know world considerably better then how they react towards the world. It can't be mentioned constantly that reading addiction only for the geeky particular person but for all of you who wants to end up being success person. So , for every you who want to start looking at as your good habit, it is possible to pick The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse become your current starter.

#### **John Cheung:**

This The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse is great book for you because the content which is full of information for you who have always deal with world and have to make decision every minute. This specific book reveal it info accurately using great manage word or we can say no rambling sentences inside. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse in your hand like getting the world in your arm, information in it is not ridiculous one. We can say that no guide that offer you world with ten or fifteen minute right but this book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. hectic do you still doubt which?

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