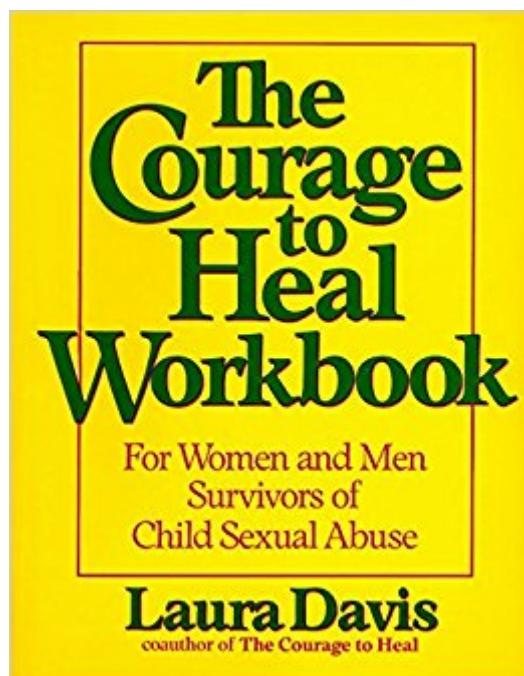


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# The Courage To Heal Workbook: A Guide For Women And Men Survivors Of Child Sexual Abuse



## 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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Best Sellers Rank: #27,080 in Books (See Top 100 in Books) #59 in Books > Self-Help > Abuse #60 in Books > Textbooks > Social Sciences > Gender Studies #69 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

## Customer Reviews

Laura Davis is the author of *The Courage to Heal Workbook*, *Allies in Healing*, *Becoming the Parent You Want to Be*, and *I Thought We'd Never Speak Again*. She teaches writing and lives with her family in Santa Cruz, California.

This book came in perfect condition and in the time as promised. It's a surprisingly big book and is going to take A LOT of time and emotional energy to complete, but I'd rather it be thorough than incomplete. From just skimming through it, I would recommend it only if you are really ready to do some difficult work!

Great book to go along with The Courage to Heal book. Take your time and don't rush through it. Its about healing... not a race. Good luck and God Bless you on your journey!

Having used this reference book 15 years ago, it has been terrific to rediscover the core primer, and I am not sure where else it would be found.beside . And the text was in NEW condition.!

this workbook is a great accompaniment to The Courage to Heal - Third Edition - Revised and Expanded: A Guide for Women Survivors of Child Sexual Abuse. i worked with a survivor of sexual abuse as she went through both books simultaneously. each session, we would review what she read and gleaned from the 2 texts. there was an appropriate amount of overlap, but she also found that she learned some very different and equally helpful things from each book. the more information and guidance, the better. both are great resources. one caveat is that the book can be overwhelming for some people, and other treatment to break into the territory of recovery may be necessary first.

I am making progress, and it is helping.

the journey continues....we can only heal ourselves

This is an amazing set of texts to work through sexual abuse issues no matter what kind or when. I used this in my own intensive drug rehabilitation and was amazed. Today I ordered these books too help others in my professional field. Thank you Laura Davis :-)

I have used this workbook alongside The Courage to Heal book and it has provided tremendous support during an extremely difficult time. The information and exercises have been so good for me. I am definitely happy with the workbook and the ordering/ delivery process.

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Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to

avoid rejection from men) The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Third Edition) Heroes, Villains, and Healing: A Guide for Male Survivors of Child Sexual Abuse Using D.C. Comic Superheroes and Villains When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women Childhood Sexual Abuse: Developmental Effects Across The Lifespan (Child Abuse) Daddy Did Wrong: A Story of Sexual Abuse (Child Abuse Series Book 1) The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse (Instant Help Books for Teens) The Teacher Who Broke The Rules: An upsetting story of child abuse, manipulation and blackmail (Child Abuse True Stories). Child Abuse True Stories: DOCTOR'S ORDERS (The child abuse scandal they tried to cover up!) Too Far Gone: A Heartbreaking True Story of Child Abuse (Child Abuse True Stories) Locked In: One Girl's EXPLOSIVE TRUE STORY of Child Abuse (Child Abuse True Stories) KERI 2: The Original Child Abuse True Story (Child Abuse True Stories) Dear Daddy: The child abuse true story that will break your heart (Child Abuse True Stories) Cornered: The Painful True Story of My Child Abuse Hell (Child Abuse True Stories) KERI 1: The Original Child Abuse True Story (Child Abuse True Stories) KERI 7: The Original Child Abuse True Story (Child Abuse True Stories)

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