

[PDF] The Sexual Healing Journey: A Guide For Survivors Of Sexual Abuse, 3rd Edition

Wendy Maltz - pdf download free book



Books Details:

Title: The Sexual Healing Journey: A

Author: Wendy Maltz

Released: 2012-06-12

Language:

Pages: 384

ISBN: 0062130730

ISBN13: 9780062130730

ASIN: 0062130730

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Description:

“This classic self-help book offers sound and detailed guidelines for sexual healing. Wendy Maltz stands out for her remarkable combination of wisdom, creativity, and heart.”

—Harriet Lerner, Ph.D., author of *The Dance of Anger*

“Clear, non-judgmental, warm and hopeful, *The Sexual Healing Journey* is a precious gift for male and female survivors and for those who care about them.”

—Mike Lew, author of *Victims No Longer*

“Men and women who have despaired that their sex lives would never change will find hope and answers in this friendly, encouraging, and essential guide.”

—Laura Davis, coauthor of *The Courage to Heal* and author of *Allies in Healing*

Originally published two decades ago, *The Sexual Healing Journey* is a highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse. In this third edition, renowned author, psychotherapist, and certified sex therapist, Wendy Maltz, keeps this classic recovery book fresh with a new preface, revised materials, and an updated, expanded resource section. Compassionate and enduring, this guide presents a comprehensive program for healing that combines expert clinical advice with innovative exercises, steadfast techniques, and deeply moving stories of individuals who have overcome the challenges of sexual abuse to reclaim sex as safe, loving and enjoyable.

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