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The Courage To Heal: A Guide For Women Survivors Of Child Sexual Abuse

20TH ANNIVERSARY EDITION

THE COURAGE TO HEAL

*A Guide for Women Survivors
of Child Sexual Abuse*

ELLEN BASS & LAURA DAVIS

Completely Revised and Expanded 4th Edition



Synopsis

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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Customer Reviews

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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