



## The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (3rd Revised edition)

By Wendy Maltz

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (3rd Revised edition), Wendy Maltz, Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, survey results, and workshops, this book is filled with first-person accounts of women and men at every stage of sexual healing. This compassionate resource helps survivors to: identify the sexual effects of sexual abuse; create a positive meaning for sex and develop a healthy sexual self-concept; gain control over upsetting automatic reactions to touch and sex; stop negative sexual behaviors and resolve specific sexual problems; establish or improve intimate relationship; and, discover the joys of sexual intimacy.

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