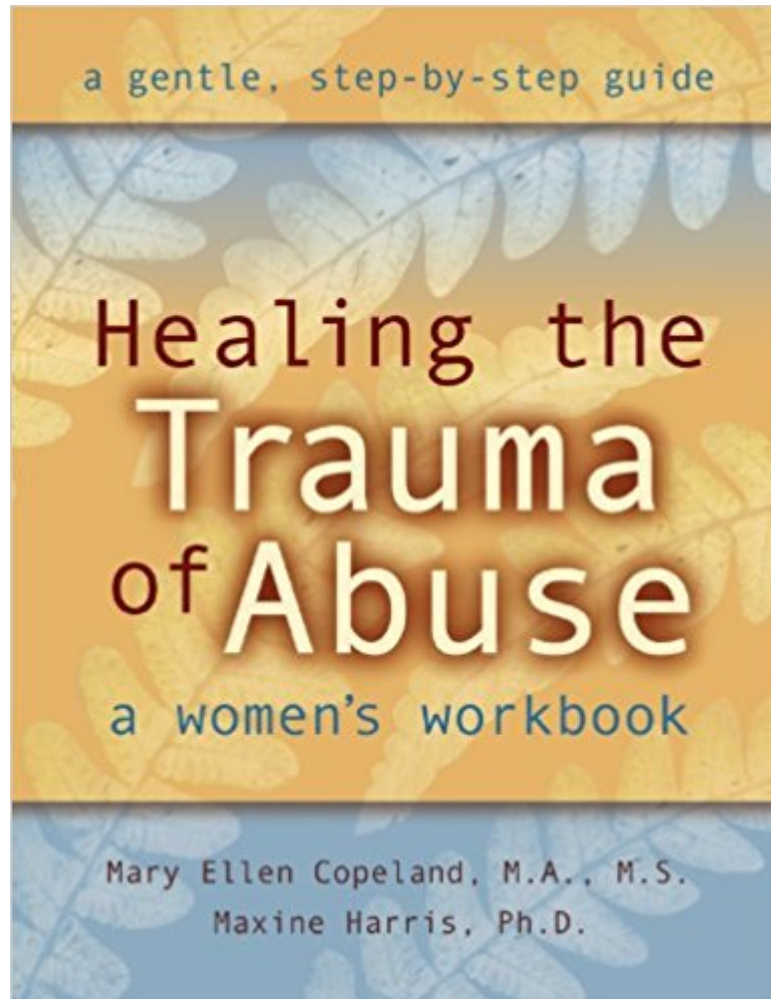


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# Healing The Trauma Of Abuse: A Women's Workbook



## Synopsis

Trauma can turn your world upside down; afterward, nothing may look safe or familiar. And, if you are a woman, studies show that you are twice as likely than your male counterparts to suffer from the effects of a traumatic event sometime during your life. Whether the trauma is physical, sexual, or emotional, these events can overwhelm you, destroying your sense of being in control and altering your attachments to others. If left unaddressed, the resulting psychological trauma can lead you to a wide range of destructive symptoms like anxiety, depression, substance abuse, phobias, personality disorders, flashbacks, emotional numbing, and nightmares. This book offers proven-effective, step-by-step exercises you can use to work through and minimize the consequences of a traumatic event.

## Book Information

Paperback: 408 pages

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Product Dimensions: 1 x 8.2 x 11 inches

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (28 customer reviews)

Best Sellers Rank: #66,218 in Books (See Top 100 in Books) #131 inÂ Books > Self-Help > Abuse  
#259 inÂ Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

I was abused as a child and later continued to involve myself in relationships with emotionally abusive partners. I've been in and out of counseling for years, but I never realized how much the trauma of those younger years have impacted how I think, feel, and relate to experiences and people today. I purchased this book on the advice of my current counselor. I have to say that after a month of working in the workbook, I can already tell the difference in myself and my behavior. I would recommend this workbook to anyone who has been abused and is seeking to reclaim their lives from the hopeless heap of despair and depression that so often occurs to those who have been victimized.

I am really thankful for the women who co-authored this workbook. It really encourages healthy

healing, self-love, self-confidence and most helpful for me, a positive self-image. I was even more impressed with the book because it affirms everything I am working through with my counselor, and she can help me through these gentle yet emotional steps. I highly recommend this text for all women yearning to heal their mind, body and spirit split. It is also a helpful text for women who struggle to name their traumatic experience as abuse due to all of the social taboos.

This book has great exercises and helps comes to terms with sexual abuse in a gentle way. I really found it helpful in my recovery.

The writing exercises in this workbook for awesome and helped me heal from PTSD symptoms when I experienced them in 2007 years after the traumas that I experienced. My trauma counselor assigned me weekly written assignments from the workbook and it really helped me.

This workbook is very intense. It is an excellent source of healing. I suggest having a counselor or a friend to work with also, as you go through this book.

I work in a mental health office and I use this workbook alone and with the TREM model. The clients that I have used it with enjoy it and have found it to be very helpful in their recovery.

I love this book. It is easy to read and really helps people who have been traumatized begin their journey of healing. I would recommend it to everyone who is interested in breaking the cycle of abuse.

This is an excellent resource for therapists who are working with clients who have experienced trauma. I use it for "homework assignments" that clients do between sessions.

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