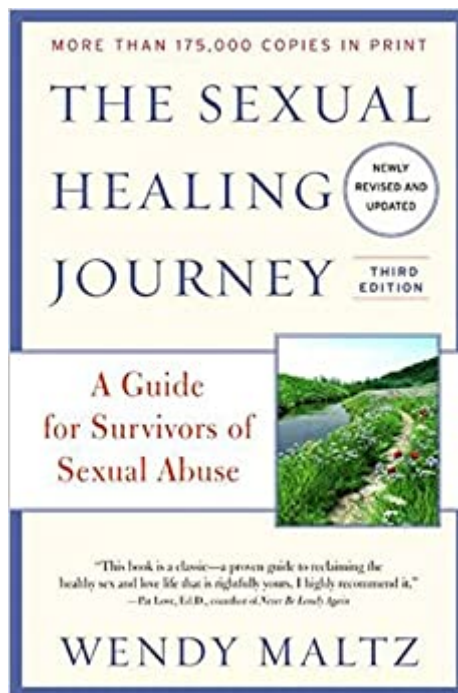




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# The Sexual Healing Journey: A Guide For Survivors Of Sexual Abuse, 3rd Edition



## Synopsis

“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.

## Book Information

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## Customer Reviews

"Here is the first book to offer sound and detailed guidelines for sexual healing. Wendy Maltz stands out for her remarkable combination of wisdom, creativity, and heart. What a rare, useful, and

encouraging contribution!"-- Harriet Lerner, PhD, author of "The Dance of Anger""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" "Wendy Maltz takes her readers carefully, step-by-step, through a program of self-healing. Survivors of sexual abuse, their partners, and their therapists will benefit enormously from this reassuring guide."-- Lonnie Barbach, PhD, author of " For Yourself"

This widely esteemed, comprehensive guide helps survivors of sexual abuse heal from the past, improve relationships, and discover the joys of sexual intimacy. Wendy Maltz sensitively takes readers step-by-step through the recovery process, integrating expert advice with groundbreaking exercises, proven techniques, and first-person accounts of women and men at every stage of sexual healing. This compassionate resource can help you to: Identify the sexual effects of sexual abuse Eliminate negative sexual behavior and resolve specific problems Gain control over upsetting automatic reactions to touch and sex Develop a healthy sexual self-concept

This was a very insightful book by a author who knows the subject that she is writing about. But what I thought was most helpful was that she actually gave you skills to practice a long with exercises that helped you understand where you were at in your journey and where you wanted to go. Very practical advise. I highly recommend.

You know you need to heal. it hurts. It's scary. You live day by trying to survive, and get triggered easily by sexual topics or memories. But you're already a survivor. Stop surviving ...start thriving. This book is vulnerable and honest. You'll be able to relate to other survivors' stories in the comfort of your home on your bed or comfy couch. Take the first step in recovery...read this! Take your time to journal out after thoughts, and get plenty TLC. you. Deserve. It!!

This was a very good, informative read. Luckily many of the issues covered in the book I'd already managed to work out, though had I been able to read this years ago it would have made things much easier. Even though I did not have many of the same problem areas that this book focused on, it was still a very good starting point, and had some good suggestions for other books to read as well. I've read another by Wendy Maltz and both have offered good information, presented in an easy-to-read and concise manner.

Interesting insight to the mental strain on people. It expanded my definition of sexual abuse and the damage that can and does occur. I would recommend it to everyone who thinks they are old enough for a sexual relationship. There is a lot of brutal truth of how sex is used so wrongly by so many. There are elements of this damage in "healthy" marital relationships. The book makes me more considerate of my spouse. I also have three daughters and it provides for more information so I can better educate them about the negative, and if protected very positive side of sex.

So far I have enjoyed this book as a clinician reading it to aid my clients in trauma recovery. I was expecting a bit more information about healing from sexual trauma in general, and this book is primarily geared toward those who are having sexual intimacy problems currently (based off of past sexual trauma). I should have researched the book description a tad bit more. Overall a great read and recommended for clients and clinicians alike!

This book has really opened my eyes to the affects that I still have today from the abuse I received nearly 30 years ago. If there is any doubt or questions as to whether you were abused, or it's impact on your life, this book is a **MUST READ!!!**

I wish I had known of this book years ago. Maltz has a perfect understanding of sexual abuse issues and provides guidance and techniques that will really help you heal. I suffered all sorts of sexual abuse~longterm child sexual abuse by a parent, sexual harassment at school and work, acquaintance sexual assault by lesbians, sexual abuse within a relationship. I've had to re-define sex, change how I think about everything, learn to handle triggers, and re-learn boundaries and assertiveness. I learned the hard way that you cannot force yourself to heal and that you must listen to yourself. I also learned that you can't do it all alone~some of it must be done with a loving, kind, respectful partner who is willing to work with you. After my first abusive relationship, I considered being alone for the rest of my life, but I held onto hope and courage. Being in a healthy relationship seemed impossible. This book helped me make it real.

This book is amazing. I have read a few others before this, in an attempt to gain control over past experiences of rape and sexual assault, but no other book has helped me as much as this one. I'm only about 1/3 of the way through it but it has made a **HUGE** difference already in both my thought processes and my understanding of the situations I experienced. This book was suggested to me by another survivor, and now I'm passing that onward. If you are a survivor or a loved one of a survivor,

please read this. It will help you.

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