



From Pain to Power: Overcoming Sexual Trauma and Reclaiming Your True Identity

By Mary Ellen Mann

Multnomah Press, United States, 2015. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book. Biblically sound, therapeutically valid help for women and teenage girls seeking recovery from the deep wounds of sexual violation. Sexual abuse is a global epidemic. In North America alone, some 42 million girls and women struggle with the trauma of past or ongoing sexual abuse. Christians are not exempt from this evil. Women who suffer the effects of sexual violation will welcome Mary Ellen Mann s message of hope and empowerment, as well as her practical, proven steps toward overcoming sexual trauma. From Pain to Power gives readers practical tools and practices to help overcome the effects of sexual trauma. Among the issues addressed (along with solutions provided) are: 1. Am I a bad person who somehow deserved to be abused? 2. Did I do or say something to invite inappropriate sexual attention and violation? 3. Was I singled out for mistreatment due to a flaw in my character, or because my faith is weak, or as the result of some other personal failure? 4. If I didn t deserve the abuse, why am I still so destroyed by it? 5....

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-- Joshua Gerhold PhD

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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