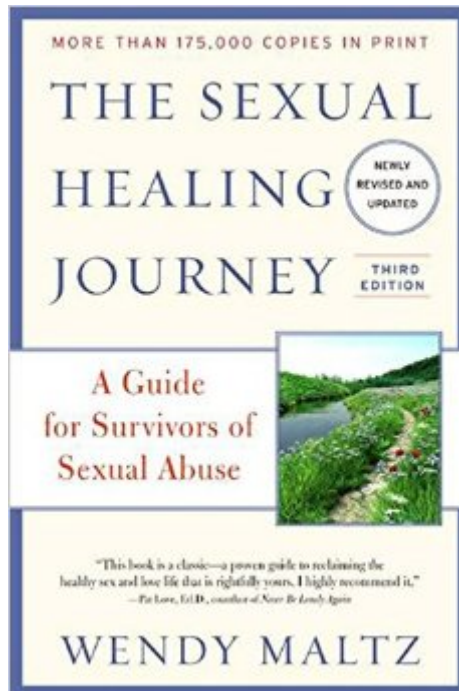


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# The Sexual Healing Journey: A Guide For Survivors Of Sexual Abuse, 3rd Edition



## 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

I picked up this book and from the first random page i opened and flipped to, i almost immediately felt a connection with this book. It goes through every imaginable situation, types of abuse, and how each one (even if not first-hand abuse, but seeing it or hearing it ..... she takes into account ALL the

different abuses) affects us all in different ways. How to tell that there's a sexual problem, how to define it, how to accept it, how to talk about it to partners/friends/family if at all possible, how to identify the sexual IMPACT and how it's affected us. Then it works into reclaiming that self-worth, gaining control over automatic responses, healing with an intimate partner, and techniques for relearning touch and to BE touched. It talks about the impact that abuse has on our views of the word Sex and what it means to Survivors. It helps you change your image of the word, and to re-learn (or learn for the first time) what it really means. You learn how to accept the past, and that you were once robbed of the real meaning of touch and love. I almost want to underline each line in the book because it defines us (my husband and I, and what we're facing) sooooo well. And it goes step by step on how to accept it all the way to learning how to touch. It's very gently written, but with a strong emphasis on learning what abuse has done to your view of sex, and what impact it has on your intimate life. It has really helped my husband understand what is going on with me, and it has brought us closer together.

What I particularly appreciate about this book is its inclusive approach to the subject. While many books speak to heterosexual women who were victims of incest over a long period, this book speaks directly to people of all genders, sexual orientations, and the entire spectrum of sexual abuse experiences.

I've been on a healing journey from childhood sexual abuse for many years. I've read all the "standard" books and worked with a number of therapists. NONE of the books and NONE of the therapists has helped me heal in the area of sexual intimacy to the extent that this book has helped me. It's the first book I've read that REALLY addresses this problem, and it offers step by step suggestions to finding a healing path. I also found it very comforting to read words of encouragement from others AND THEIR PARTNERS with similar histories and problems who have made amazing progress. Until I read their stories, I never REALLY understood that my feelings and dysfunction were "normal", under the circumstances. My partner and I are so grateful Wendy Maltz for having written this book.

I bought this book, which is titled *The Sexual Healing Journey*, when I started healing from being abused in my childhood. When I first read this thorough book I felt able to relate to many of the topics. The topics included discussion on different types of sexual abuse, problems actual survivors developed as a result of abuse, positive assertion of the topic sexuality. While reading the book, The

Sexual Healing Journey, the author occasionally talked about her experiences of being sexually abused. I respected her ability to recover and turn her trauma into a positive experience, by helping other survivors of abuse in her counselling practice. The author, Wendy Maltz, talked about these topics gently, I felt safe reading The sexual Healing Journey because of the books gentle tone. When I read a book, The Courage To Heal, I noticed the tone was rough. This rough tone was one reason I returned the book the next day. I have referred to the book The Sexual Healing Journey many times after the first time I read this book. I really found the book helpful in my recovery

This is the first place I recognized my bizarre behavior as not being unique. In reading the first few chapters, I was massively relieved to find that other people had experienced the same strange feelings and behavior I had all of my life. Although difficult to read and I found resistance to doing to the exercises, this book is helpful and honest, I highly recommend it for anyone who has had frustration with overcoming sexual fright.

I would recommend this book to anyone who has been sexually assaulted, molested or other sexual trauma. I have not been able to date a man for the past 20 years due to my past trauma. When I ran into an old friend, we wanted to start dating. The fact that I knew him made me feel safer. He recommended seeing a sex therapist who deals with past traumas that keep you moving forward and trusting again. She recommended this book for me and my boyfriend. I did not read the parts where people talk about their past experiences, but those stories were great for my boyfriend to understand what I was going through. Then there is a complete section in the back that helped me to move on with my life, and be able to say "NO" to my boyfriend when I felt sexually pressured. This book, as any other couples book, will really benefit you if your boyfriend, lover, new relationship partner reads it also. It is up to date as far as psychology goes, and has allowed me to come out of my shell and start a relationship again!

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