



## You Are a Miracle Workbook: Rebuilding After Childhood Sexual Abuse (Paperback)

By Samantha Thomas

Word Alive Press, United States, 2012. Paperback. Book Condition: New. 231 x 173 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Does your past continue to haunt you with nightmares, people you can't please, people who continue to reject you, habits you can't break, emotions that seem too intense to tolerate? How about triggers that make you shiver in public places, experiencing feelings of guilt and shame, anger towards God and lacking belief in your faith? Do you want to enjoy the best life possible? You Are A Miracle Workbook integrates spirituality in Trauma Focused Cognitive Behavior Therapy in the treatment of women survivors of childhood sexual abuse. This treatment approach will help launch you on a healing journey to reclaim your innocence as you anchor your heart in God's love! This self-help curriculum can be used by pastors, professional counselors and adult female victims of childhood sexual abuse to help guide women on their healing journey. You will learn strategies to stop nightmares, reduce emotional distress of triggers, learn assertive communication, implement healthy boundaries, become independent, stop blaming yourself, be free of guilt and shame, build your self-esteem, adopt a victorious mindset, and...



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