



# **The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised Edition)**

*Wendy Maltz*

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# The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised Edition)

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Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, and workshops, this guide is filled with first-person accounts of women and men at every stage of sexual healing.

This compassionate resource helps survivors to:

1. Identify the sexual effects of sexual abuse
2. Eliminate negative sexual behavior and resolve specific problems
3. Gain control over upsetting automatic reactions to touch and sex
4. Develop a healthy sexual self-concept

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