



## The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition

By Wendy Maltz

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### The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition By Wendy Maltz

“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.

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## **The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition** By Wendy Maltz **Bibliography**

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### Editorial Review

#### Review

"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"

#### From the Back Cover

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

#### About the Author

**WENDY MALTZ**, LCSW, DST, is an internationally recognized sex and relationship therapist in private practice in Eugene, Oregon. She is a frequent lecturer and media guest, and her books include *The Porn Trap*, *Private Thoughts*, *Passionate Hearts*, and *Intimate Kisses*.

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#### Peggy Witzel:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite publication and reading a guide. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition*. Try to make book *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition* as your close friend. It means that it can be your friend when you experience alone and beside regarding course make you smarter than ever. Yeah, it is very fortunate for yourself. The book makes you much more confidence because you can know almost everything by the book. So, let me make new experience as well as knowledge with this book.

**Tamela Campbell:**

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**Donald Murray:**

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**Ann Ginsberg:**

People live in this new time of lifestyle always make an effort to and must have the extra time or they will get lot of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, often the book you have read is usually The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition.

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