



The Wounded Woman: Hope and Healing for Those Who Hurt

By Steve Stephens, Pam Vredevelt

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Hope and Healing Are at Hand

Extraordinary emotional pain cries out for something more than a Band-Aid, a pat on the shoulder, or a greeting card cliché. When the wounds go deep, real help, honest encouragement, and tangible healing may be hard to locate. But it is there to find, and the search is worth the effort. Compassionate and experienced counselors Dr. Steve Stephens and Pam Vredevelt, LPC, have walked alongside women in pain for years—they've heard the stories, seen the tears, felt the pain, and entered into the devastation. They've also seen how wounded women can step out of darkness into hope, regain their feet, restart their lives, recover their energy, and even reclaim their joy. Real-life stories and proven, practical counsel serve as powerful tools to help you recover from past and present wounds, moving you into a new season of productive living.

Hope Is Here

“My pain is too deep for a Band-Aid.”

“Will this heartache ever end?”

“Why me?”

Today is your day...a fresh season of living has arrived.

Coming alongside as faithful friends, Dr. Steve Stephens and Pam Vredevelt meet you in the depths of your circumstances and uncover the pathway to healing. They offer an opportunity to regain your feet, restart your life, recover your energy, and reclaim your joy.

These real-life testimonies and proven, practical counsel will guide you toward complete recovery and inspire you to press forward in newfound strength—not in spite of your wounds, but *because* of them.

“I believe this is one of the most important books ever written for women. Every page is filled with nurturing wisdom and refreshing hope. At last, for every wounded woman, there is a pathway out of the hurt and pain.”

*-Alice Gray, author of *Treasures for Women Who Hope*, coauthor of *The Worn Out Woman* and *The Walk Out Woman**

Story Behind the Book

The authors are licensed therapists who see an enormous number of women struggling with the same basic issue: wounds that result from living in an imperfect world with imperfect people. “Some are great at hiding their wounds,” they say. “Others are so overwhelmed by them that they are unable to recover and bounce back. We consistently meet women with incredible potential who are stuck in emotional pain. Unable to move forward, their wounds block them from becoming all they can be. We want to help them work through the process of letting go of this pain and progress in healing. The abundant life Jesus promises will be theirs!”



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Bibliography**

- Sales Rank: #84571 in Books
- Published on: 2006-01-04
- Released on: 2006-01-04
- Original language: English
- Number of items: 1
- Dimensions: 8.21" h x .68" w x 5.20" l, .58 pounds
- Binding: Paperback
- 272 pages



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Editorial Review

From Publishers Weekly

The authors, both licensed counselors, team up to offer Christian hope to women in pain. They address seven kinds of wounds—physical, sexual, verbal, social, spiritual, emotional and those wounds that result from our own poor choices—as well as the hope offered by the God of the Bible. That hope comes with work, and Stephens and Vredevelt don't hesitate to tell women that healing their pain requires commitment, patience and trust. "God never promised to keep us from wounds, but He did promise to be with us and to help us heal," they say. "No matter how difficult our struggles or how deep our wounds, they carry with them great lessons." Inspiration and honesty are hallmarks, with issues such as grief, anger, anxiety, guilt and shame discussed openly. The authors are just as candid on faith issues like prayer, forgiveness and God's healing. This hard-hitting book offers no wiggle room for women in the business of healing their wounds; pain, it argues, can "teach us about ourselves, life, and God." Discussion questions at the end of each chapter make the book useful for small-group study. (Jan.)

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About the Author

Dr. Steve Stephens is a licensed psychologist, marriage and family therapist, seminar speaker, and author. Dr. Stephens is the author of twenty books, with over one million copies sold, including the Lists to Live By series, The Worn Out Woman, The Walk Out Woman, and 21 Surprisingly Simple Steps to a Great Life. He lives with his wife, Tami, and three children in Oregon.

Pam Vredevelt is a licensed professional counselor, popular inspirational speaker, and bestselling author of the Espresso for a Woman's Spirit series, Angel Behind the Rocking Chair, Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy, and The Power of Letting Go. Pam and her husband, John, and their three children make their home in Gresham, Oregon.

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This The Wounded Woman: Hope and Healing for Those Who Hurt book is not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this

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