



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

By Wendy Maltz

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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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Editorial Review

Review

"...Survivors of sexual abuse, their partners, and their therapists will benefit enormously from this reassuring guide." -- *Lonnie Barbach, PhD, author of For Yourself*

"...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*

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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