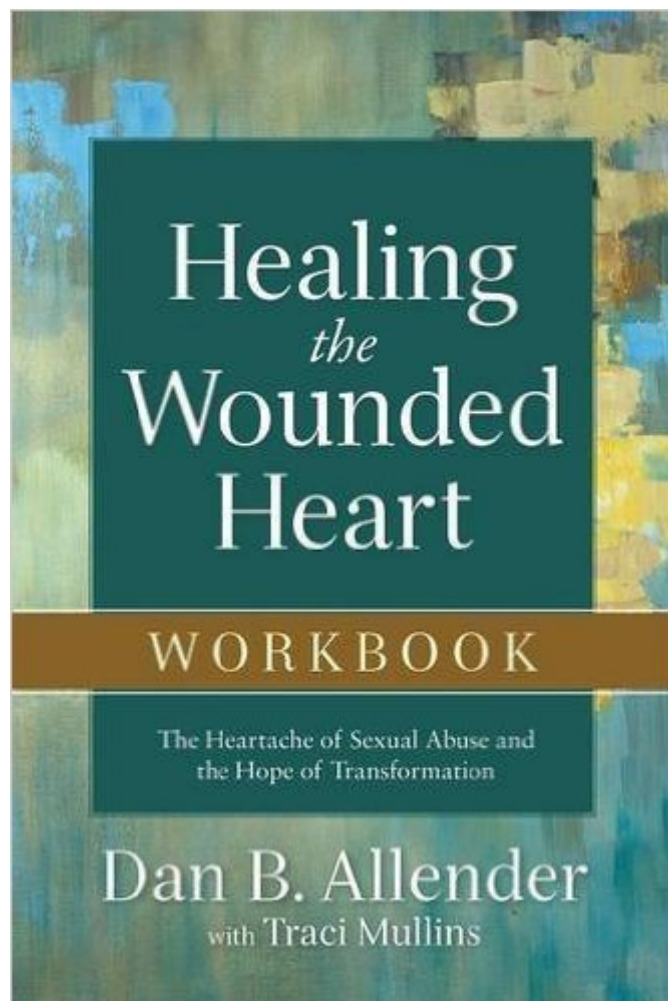


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# Healing The Wounded Heart Workbook: The Heartache Of Sexual Abuse And The Hope Of Transformation



## Synopsis

First published in 1989, Dan Allender's *The Wounded Heart* has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

## Book Information

Paperback: 208 pages

Publisher: Baker Books; Csm Wkb edition (March 1, 2016)

Language: English

ISBN-10: 0801015677

ISBN-13: 978-0801015670

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #29,351 in Books (See Top 100 in Books) #22 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#) #98 in [Books > Parenting & Relationships > Family Relationships > Abuse](#) #7205 in [Books > Religion & Spirituality](#)

## Customer Reviews

25 years ago, Dr. Dan Allender first published *The Wounded Heart*. This year he returns with *Healing The Wounded Heart*, which offers Christianity-based thoughts and recommendations for how to successfully come out on the other side of traumas. While the focus in this book is on sexual abuse, Allender does also get into the damage that tends to follow physical and emotional traumas as well. While there have been stacks of books written on the topic, what helps the reader lean into this one is Allender revealing that he himself was a victim of sexual abuse. He opens the discussion,

so to speak, with looking at the various ways recent generations have been bombarded by sexually explicit material, more so than our ancestors. Some examples examined include the gradual sexualization of commercials, music videos, even girls' dolls. (Speaking of music videos -- he uses the video for Britney Spears' "Oops, I Did It Again" as a prime example of sexualization too easily influencing youth. Problem is, he spelled it as "Brittany Spears". Had to laugh, thinkin' "c'mon man, you want to point fingers at people, at least be decent enough to spell the name right!") He also looks at the rapid growth of internet technology / content and how much more readily accessible it is to the young as opposed to just a few decades ago. Allender points out that recent studies show that these days kids are typically experiencing pornographic materials for the first time when they are between the ages of 10-14 years old.

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