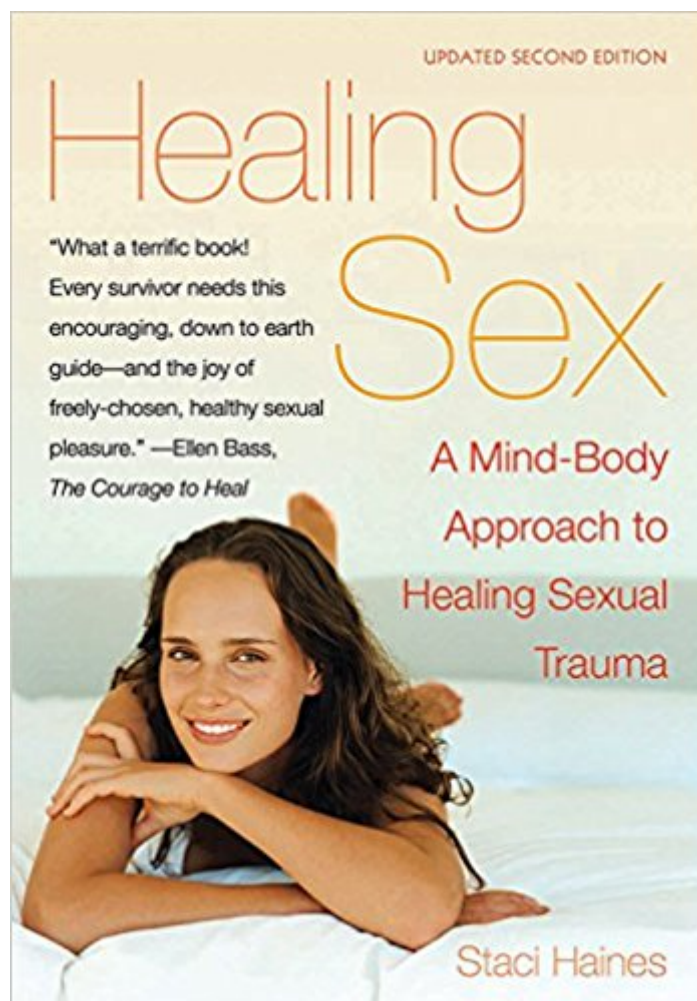


The book was found

Healing Sex: A Mind-Body Approach To Healing Sexual Trauma



Synopsis

The first encouraging, sex-positive guide for all women survivors of sexual assault — heterosexual, bisexual, lesbian, coupled, and single — who want to reclaim their sex lives. While most books on the topic broach sexuality only to reassure women that it is all right to say “no” to unwanted sex, *Healing Sex* encourages women to learn how to say “yes” to their own desires and on their own terms. This mind-body approach to healing from sexual trauma was created by Staci Haines, who has been educating in the area of sexual abuse, sex education, and somatic healing for over 15 years. Her techniques are ideal for anyone looking for a new way to heal from trauma, beyond traditional talk therapy.

Book Information

Paperback: 267 pages

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Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 19 customer reviews

Best Sellers Rank: #119,519 in Books (See Top 100 in Books) #38 in Books > Politics & Social Sciences > Sociology > Abuse #147 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #193 in Books > Self-Help > Abuse

Customer Reviews

"What a terrific book! Every survivor needs this encouraging, down to earth guide--and the joy of freely-chosen, healthy sexual pleasure." --Ellen Bass, author of *The Courage to Heal*

This is a phenomenal book, as is Staci Haines' other book *The Survivor's Guide to Sex*. It has an extensive list of resources at the end. The author speaks with a clear, engaging voice. But you have to be ready for it, as the author is very clear and direct about the subject matter. I have been consciously healing the wounds of child sexual abuse for over 17 years - in the beginning with lots of therapy, both group and individual, and in recent years, through journaling, prayer, yoga. Healing comes in layers. Currently I am celibate because I am too darn afraid. Staci Haines's book gives me a roadmap for what to expect when I finally am able to put myself out there. She assumes the

reader is familiar with dissociation, numbing, leaving the body, PTSD reactions, etc., etc. She just picks up from there, and talks about having sex that feels good and safe, even though you have these issues.

Really powerful and healing, one of the best books I've come across for dealing with sexual trauma. That being said, definitely a difficult book to get through and probably not the best one if you are just starting out in your healing - though you are the best gauge for what you can handle. Can't recommend this book enough.

I purchased this book about 6 months after I'd checked out the older version from the Library of the survivors' group that I attend. I found the overall tone of the book to be hopeful, positive and encouraging, but also challenging. The author's premise is that it's not only possible to have a healthy sexual self after surviving sexual abuse, it can be the most dynamic part of a survivor's healing practice. The author also cautions that it won't be easy, and that it takes courage and self-love to take on this work. I particularly liked the chapters on Dissociation and Intimacy.

I recommend this book to every female patient who had experienced sexual assault (abuse, incest, molestation, harassment, rape, etc.)¹. Clear relatable language that helps survivors make sense of their sexual impulses and reactions post-assault.² Provides concrete sexual exercises attuned to the needs of this kind of recovery.³ Powerfully rooted in somatic therapy which can accelerate progress in talk therapy.

I am constantly recommending this book to people. Thank you for such an important work.

Love this book. It was emotionally hard to read but I found it very helpful. Highly recommend for anyone who's experienced sexual abuse.

only 40 pages into it and its helped so much already!

Very helpful for clients and accesible

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Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage)

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