



Selected Readings for Adult Survivors of Sexual Abuse

Forgiveness: How to Make Peace with Your Past and Get on With Your Life by *Sidney and Suzanne Simon* This book was designed to assist readers to let go of their pain and get on with their lives.

Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families by *Charles L. Whitfield M.D.* Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse by *Ellen Bass and Louise Thorton.* Deeply moving testimonies by survivors of child sexual abuse

Outgrowing the Pain: A book for and About Adults Abused as Children by *Eliana Gil* This much-needed book pinpoints the typical problems abused children experience when they become adults. The information is presented in a friendly and thorough manner for victims and professionals.

Secret Survivors: Uncovering Incest and its Aftereffects in Women by *Sue E. Blume* This book shows how incest is often at the root of such problems as depression, sexual and eating disorders, drug and alcohol abuse, and phobias and panic disorders. Using this information and the author's guidance, survivors can identify themselves, develop alternative, nondestructive survival techniques and begin again on a new path toward a rich and empowered life.

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by *Ellen Bass and Laura Davis.* An inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child—and to those who care about her. Although the effects of child sexual abuse are long-term and severe, healing is possible.

The Obsidian Mirror: Healing from Childhood Sexual Abuse by *Louise Wisechild* Affirming and inspiring, The Obsidian Mirror explores the vivid and personal journey of an adult survivor of childhood sexual abuse. Drawing on the power of creativity, Wisechild listens to and learns from her inner voices - the critical judge, the rebel, the scared and needy children of various ages - and uses evocative imagery to describe the emotional settings of her interior landscape. This is both a stirring testimony of one woman's passage from fear and grief to rage and resolve and a moving portrayal of a spiritual reawakening and reclamation of self.

The Woman Inside: From Incest Victim to Survivor by *Perry Derosier Barns* A resource guide designed to lead women from incest victim to survivor.

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse by *Mike Lew* The first book written specifically for men, *Victims No Longer* examines the changing cultural attitudes toward male survivors of incest and other sexual trauma. Now, in this Second Edition, this invaluable resource continues to offer compassionate and practical advice, supported by personal anecdotes and statements of male survivors.

For Partners of Adult Survivors of Sexual Abuse:

Ghosts in the Bedroom: A Guide for Partners of Incest Survivors by *Ken Graber* Provides comfort and guidance for partners in the process of recovery. Graber draws from personal experience to show how partners can accept responsibility for their own issues, support the recovery of the incest or sexual abuse survivor, and work toward solving relationship problems together.

Incest and Sexuality: A Guide to Understanding and Healing by *Wendy Maltz and Beverly Holman* Sympathetically and incisively explores the effects of incest on survivors and offers both they and their intimate partners a great deal of information on ways to get past the abuse.

Outgrowing the Pain Together: A Book for Partners and Spouses of Adults Abused as Children by *Eliana Gil* A step-by-step plan for overcoming obstacles together.

The Sexual Healing Journey by *Wendy Maltz* A highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse.