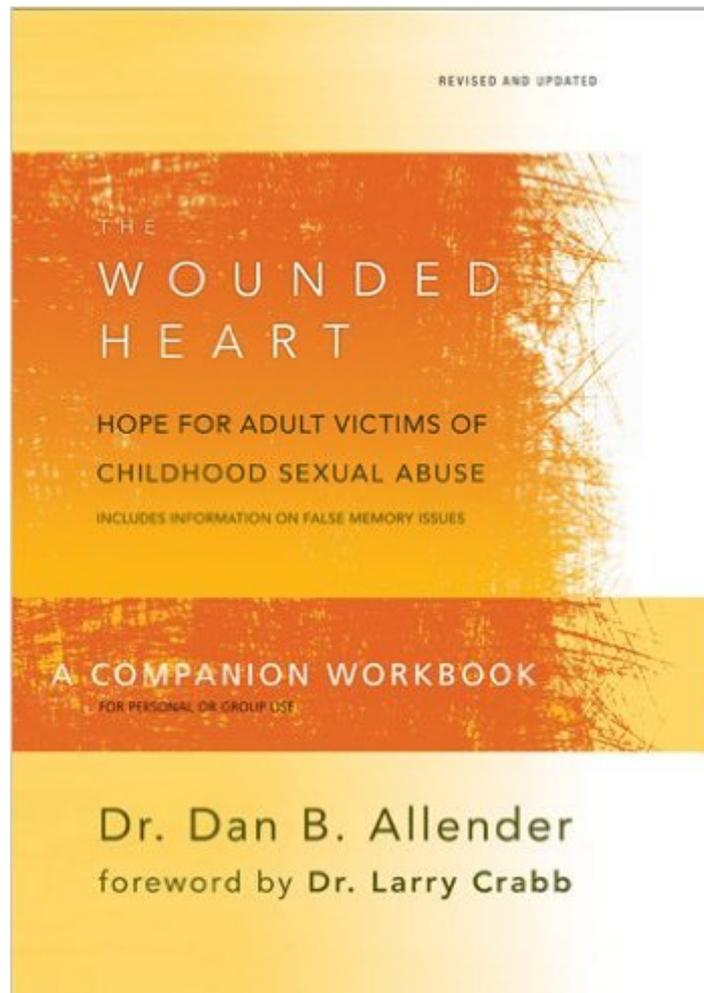


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# The Wounded Heart Workbook: A Companion Workbook For Personal Or Group Use



## Synopsis

This companion workbook to *The Wounded Heart* will help you work through the complex issues of sexual abuse in a concrete way by leading you step-by-step through the process of change. It also includes specific sections for men, ideas for discussion-group facilitators, and reflective quotations from fellow strugglers with sexual abuse.

## Book Information

Paperback: 208 pages

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Language: English

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Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (117 customer reviews)

Best Sellers Rank: #41,486 in Books (See Top 100 in Books) #36 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#) #59 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #67 in [Books > Parenting & Relationships > Family Relationships > Abuse > Child Abuse](#)

## Customer Reviews

As I've mentioned in my previous reviews on self-help books for abuse survivors, I don't go for the current so-called Christian clap-trap ideas of healing and forgiving. Many push the idea that you should "forgive and forget," bury the memories, and be nice to your abuser by never mentioning the past, to "get along" at all costs. Some also argue that we should just hand it all over to Jesus and everything will be fine. Dan Allender boldly attacks and rejects these notions in his book *The Wounded Heart*. Allender is a Christian counselor who has worked extensively with victims of sexual abuse throughout his career, and Colorado Christian University I believe still maintains a sexual abuse ministry he helped establish. The book itself is written mostly for women, though I believe men can also benefit from it. My interest in this book was piqued by a friend who herself had used the book to tackle her own past issues. Something about the hopeful tone I picked up in her voice told me this book offered something different and worth looking into. *The Wounded Heart* took me several months to finish, but not because it is poorly written or boring. Rather it is because Allender's words, what he has to offer, is so intense that I had to take breaks and let the weight of

what I just read absorb before I could move forward with taking another bite. This book is definitely not for those in search of a quick read or wanting pat answers. The first thing Allender does, and nicely done I might add, is stake through the heart all the notions that we have to play nicey-nice for everyone else's comfort and look like a good Christian while facing down our pasts.

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