



# **The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition**

*Wendy Maltz*

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# The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition

Wendy Maltz

**The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition** Wendy Maltz

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—Harriet Lerner, Ph.D., author of *The Dance of Anger*

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Originally published two decades ago, *The Sexual Healing Journey* is a highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse. In this third edition, renowned author, psychotherapist, and certified sex therapist, Wendy Maltz, keeps this classic recovery book fresh with a new preface, revised materials, and an updated, expanded resource section. Compassionate and enduring, this guide presents a comprehensive program for healing that combines expert clinical advice with innovative exercises, steadfast techniques, and deeply moving stories of individuals who have overcome the challenges of sexual abuse to reclaim sex as safe, loving and enjoyable.

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