



# Beginning to Heal (Revised Edition): A First Book for Men and Women Who Were Sexually Abused As Children

By *Ellen Bass, Laura Davis*

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There's nothing as wonderful as starting to heal, waking up in the morning and knowing that nobody can hurt you if you don't let them.

Beginning to Heal offers hope and guidance for all survivors starting the healing journey. No matter how great your pain today, you can not only heal but thrive. Based on the authors' bestseller *The Courage to Heal*, this Revised Edition of *Beginning to Heal* takes you through the key stages of the healing process, from crisis times to breaking the silence, grief, and anger, to resolution and moving on. It includes inspirational highlights, clear explanations, practical suggestions, and compelling accounts of survivors' pain, their strength, and their triumphs.

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