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JOHN ORTBERG

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THE WOUNDED HEART

Hope for adult victims of
childhood sexual abuse

DR. DAN B. ALLENDER

foreword by Dr. Larry Crabb

Dan Allender and

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse



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Ultimately Dan offers the bold assurance to sexual abuse victims that even they can find their method to joy and hope in the comforting embrace of a good God. Thirty years back, with great courage and vision, Dan Allender brought Christians to the table to acknowledge, understand, and help victims heal from their experience of the evil of sexual abuse. His function continues to help victims and the ones who love them to honestly acknowledge their misuse, understand the unique challenge of repentance for victims of abuse, and learn to love boldly in defiance of their trauma. For people who have experienced childhood sexual abuse and the ones who love and care for them, The Wounded Heart offers a tender, compassionate window in to the psychological effects of abuse and the theological foundations for healing. With a fresh intro reflecting on the ongoing importance of the reserve, and a companion workbook for personal and group recovery, The Wounded Heart continues to offer an urgently needed phrase of grace in a world ravaged by sexual abuse. The Wounded Heart has sold over 400,000 copies and has been the first book family, friends, counselors, pastors, and victims have turned to searching for Christian answers to the calamity of sexual abuse.



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I would recommend *The Wounded Heart* to anyone who counsels, specifically people in Christian ministry. Dan B. Allender can be, as you may expect, an extremely heavy publication. Dr. Allender's profession and his publication are borne out of great pain from his very own childhood misuse and his great concern for others. *The Wounded Heart* is a psychological analysis of the trauma of childhood sexual abuse. I believe this is a helpful and instructive reference reserve. He discusses the fantastic problem victims possess with trust—both with people and with God. "The devilishness of misuse is that it does Satan's work of deceiving kids about God's true character and encouraging them to mistrust Him. If God can tear down the walls of pain in me, the worst of sinners, He surely can do the same for you!" Dr. 2. Sure will be nice to have it set! I received the old 2008 version. Most victims of abuse need help with operating through their attitudes and in addition with their spiritual growth, which go hand-in-hand. I appreciate specifically his last section about how exactly to give victims wish. to the contrary, you need to. This book can be unashamedly Christian. It tugs at items that do not desire to be tugged on. . 2008 version, instead of the 2018 version. I ordered the new updated edition, published May 2, 2018. Whenever we move toward loving God among others, we can make sure that something radical and supernatural provides intruded to improve the procedure of self-centered stagnation and decay. It hurts, but also calls out that during that hurt like and healing are available." Allender speaks of faith, decisions, hope, and trusting God. This is a very complete work, by far the heaviest work I've read on the subject of abuse and overcoming. The initial three-fourths of *The Wounded Center* are about the damage and reactions to misuse. 3. The last section of the book gives hope and healing. Help and Hope for Victims of Sexual Abuse *The Wounded Heart* by Dr. We all develop coping system, many very harmful. We need to understand how to walk them through the healing up process. He addresses many areas of the impact it has on the victim's heart and the down sides victims face. 2nd only to the Bible in transforming my life. This book was a gift from someone I had confided the heinous situation- surprisingly, a non-Christian who knew I was a Christian. I honestly cannot find ajectives to spell it out how scanning this changed my life. A heavy weight provides been lifted. My center identified a few, previously, implausible points: 1. If you don't have faith in, and a romantic relationship with Jesus Christ this book will be very difficult to learn. Allender makes the statement, "The wise course would be to focus on who we are now. Find yourself in it and get to know the internal and external damages that occurred in order that healing can begin. This first part is complicated and technical. We should no longer ignore the signs of abuse and be ignorant of the queries to ask the people we counsel. 4. God can, will and is certainly along the way of healing me. 5. Now this one is definitely unbelievable- God can use this for His glory. Before I browse the publication, hope was often not really present. I experienced a great deal and treated many symptoms. This publication helped me get to the primary - sin. It takes a complicated subject matter and turned my core to my Healer. It helped me to learn important truths and examine considerations. Dear friend, when you have suffered childhood sexual abuse, buy this book and "The Wounded Heart Workbook" by the same author. I actually have integrated praying that those who find themselves suffering discover the message in this book. There is Wish in Christ!" He delves into the importance of facing one's horrible memories and functioning through them. READ It all. Normally I tear through books, but that might be difficult with this book. Occasionally I read a page or two and have to stop. This is powerful, lifestyle changing information not merely for victims of sexual misuse, but for anybody that has suffered emotional trauma (everybody, needless to say) and is rolling out defense mechanisms that appear acceptable, but keep them from achieving their complete potential." He emphasizes the complexity of each individual's experiences and problems. We are not by

yourself! It sits solidly on the assumptions that the reader already is familiar with Judeo-Christian principles of Sin, atonement and sanctification. The publication also assumes that one is ready and ready to approach God in humble prayer, believing that he is loving, listening and in a position to act. That's not to say a reader who's a Christian and can't give a 'biblical definition' of words want 'sanctification' shouldn't browse this publication; He says, "The most common error in some Christian groups is to ignore the problem or offer true solutions in a trite way. thanks Great for the amount of money. This book is emotional, and difficult. "Those who desire to honor God and the redemptive function of Christ must embrace both the simplicity and the complexity that is present in the problem and the answer. Change is always an activity. I would have paid 20 dollars for the first 3 chapters alone In every fairness, I haven't completed this book. To the publisher: We are in need of this publication in Spanish aswell. Please make this obtainable digitally! (or send me a copy) thanks!! excellent shipping time. However, get a Bible dictionary, and consider it a few pages at the same time. Great book Tough but Good Just started but experience as though it's a pretty thorough treatment of the topic. The author appears to have a good grasp of the topic. My only complaint so far is normally that the kindle edition pages do not match the paperback edition so using the workbook is complicated to use. It looks as though they started the preface and prologue at 1 instead of the normal roman numerals which puts the count off by about 26 pages."Dr.! outstanding choice heard about this publication and wanted to read, so happy I did, pass it to others. There is hope which book is an excellent place to begin This book is indeed informative to the suffering soul from childhood sexual abuse. Oh what independence bringing the horror into the light! There is hope and this book is a superb place to begin. Good book so far I love the book up to now Changed My Life I read this and went through the workbook years back, and it totally changed my entire life. Although a Christian since 4 years old, I now am encountering a independence that I heard about but thought had not been available to me. Ideal for sexual abuse healing, but take it slow Great publication for helping me understand and heal from my childhood sexual abuse, but it's definitely important to pace yourself. I also wouldn't listen to this book before others, especially children because of it's content. Received the wrong book. . . Allender emphasizes the worthiness of counseling. I'm extremely disappointed.



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