



Beyond Survival: A Writing Journey for Healing Childhood Sexual Abuse

Maureen Brady

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This 52-week journal of self-exploration, liberation, & empowerment helps survivors tap into the power of what they know. Breaking the silence with the tangible force of the written word, it helps transform debilitating experiences into firm foundations on which we can thrive, not merely survive. Brady offers proven tools & techniques -- from reading & writing to visualization & taking concrete action -- that can either begin a healing journey or enhance an existing recovery process. Each weekly entry in this one-year journal begins with a brief reflection on a vital topic followed by a suggestion for writing & a powerful visualization exercise.

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