Strong at the Heart: How It Feels to Heal from Sexual Abuse by Carolyn Lehman

Indispensable Read

“This book is an absolute gift to the world.” — Jacqueline Woodson

Every year more than half a million young people are sexually abused or assaulted in North America. This groundbreaking book brings readers face-to-face with nine survivors who speak with candor and courage about the abuse they experienced, how they have healed, and how they are moving forward with their lives. White, black, Latino, and Native American, these everyday heroes come from a wide range of communities and have found different ways to cope with and overcome sexual trauma. Through moving personal stories and striking photographs they take readers into their lives, offering insight and hope for anyone affected by this all-too-common childhood experience.

In this book about healing, young readers and their families will find additional information in the resource section, a comprehensive guide to the best help lines, books, films, and Web sites on healing and resilience.

Features:
* Click here to view our Condition Guide and Shipping Prices

My Personal Review:
Like many women, I have had a lot of friends who were sexually abused. If you are anything like me, you want to be there for your friends, reassure them that you believe them, are there for them, and love them, but it is very hard to know what you could possibly say and do to help someone you love get through something like this. It is hard to know what someone might want or need from their friends in order to help them recover.

So for me, reading about these incredibly strong, interesting, and diverse men and women really helped me know what someone might be feeling and thinking but feel unable to express. I saw what people said and did for them that was helpful in their recovery, and it helped me feel more prepared to talk with my friends about sexual abuse and to support those who are recovering from it.
The book is written for teens on up, but doesn't talk down to you or oversimplify the feelings and issues involved, so it is a great resource for adults as well. The conversational style makes it a quick and simple read, so even people who don't enjoy reading would still get a lot out of this book.

I particularly liked the diversity shown. There are people from many races and ethnicities, men and women from different cultural and religious backgrounds, people who were abused at different ages and by different kinds of people in their lives. The diversity didn't feel like tokenism; I felt like we really got at some important kernel of humanity and shared experience which made every single entry an experience that anybody could relate to.

I recommend this book for survivors, those who work with children, teens, and young adults, and people like me who would like to help their friends or relatives in their recovery but aren't sure what support we might be able to offer that would be of value to our loved ones.

The author's website offers additional resources:
http://www.strongattheheart.com/

For More 5 Star Customer Reviews and Lowest Price:
Strong at the Heart: How It Feels to Heal from Sexual Abuse by Carolyn Lehman - 5 Star Customer Reviews and Lowest Price!