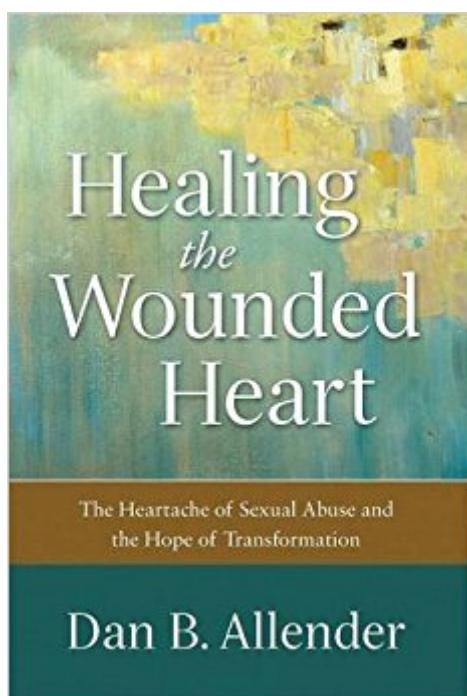


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# Healing The Wounded Heart: The Heartache Of Sexual Abuse And The Hope Of Transformation



## **Synopsis**

First published in 1989, Dan Allender's *The Wounded Heart* has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

## **Book Information**

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## **Customer Reviews**

Find hope and healing in the wake of sexual abuse if you are one of the millions of people who have suffered abuse in the form of rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, you know that hope doesn't come easy and healing can seem impossible. Dan Allender has been there--and he's spent twenty-five years helping other victims of sexual abuse walk the path toward wholeness. Never minimizing the pain or offering pat spiritual answers that don't truly address the problem, Allender calls evil evil and lights the way to renewed

joy, one step at a time."For all those seeking healing, and those who bring healing to others, this is an immensely powerful book filled with wisdom, understanding, and experience--and above all filled with hope. I highly recommend it!"--John Eldredge, author of *Wild at Heart* and *Beautiful Outlaw*"Through Dan's skillful and tender writing, I've been given a vision for how to love and walk well with the members of my community whose stories have been marked by sexual abuse. I'm so very thankful for his gentle, prophetic voice, and for the many ways his words have been healing and life-giving for generations."--Shauna Niequist, author of *Savor* and *Bread & Wine*"Brilliant and accessible, Allender has given us this incredible gift: a book that not only helps us understand the potent impacts and effects of sexual abuse but offers hope and a roadmap to healing. Thank you! I am thrilled this book exists."--Wm. Paul Young, author of *The Shack*, *Cross Roads*, and *EVE*"This book is like Dan--compelling, liberating, and a gentle salve that will transform wounds into holy scars. This book will become a classic for generations."--Dr. Dennis Rainey, president of FamilyLifeDan B. Allender is professor of counseling psychology and former president of The Seattle School of Theology and Psychology in Seattle, Washington. He travels and speaks extensively on sexual abuse recovery, love and forgiveness, worship, and other related topics. Allender is the author of fifteen books, including *The Wounded Heart*, and coauthor of *God Loves Sex*.

Dan B. Allender (MS, Barry College; MDiv, Westminster Theological Seminary; PhD, Michigan State University) is professor of counseling psychology and former president of The Seattle School of Theology and Psychology in Seattle, Washington. He travels and speaks extensively on sexual-abuse recovery, love and forgiveness, worship, and other related topics. Allender is the author of fifteen books, including *The Wounded Heart*, and is coauthor of *God Loves Sex*.

This is not for the faint of heart. It is for those who have experienced real sexual abuse - particularly adults who experienced the abuse in childhood. The early chapters are hard work and best completed in a support group with a counselor. However, even if you work through this book alone, the support and knowledge shared by the author can radically change your life for the better. Written with warmth and honesty, this book can be an eye-opener for spouses as well. I pray to God that you will never experience sexual abuse, but if you have, this book is an investment worth making in yourself.

This has been a very heartfelt book filled with great direction for those going through the process of

recovery. My gratitude to Dr. Allender for his kind yet firm direction to getting through this process. I appreciated it so much I have purchased other works by Dr. Allender.

This book has been one of the greatest gamechangers of my life (self, marriage, parenthood, and even my functioning at the job). I am so thankful for it that I wish that I had enough to pass out to everyone, especially those working in the medical field. This book is practical, easy to understand basic concepts for a topic that can be so overwhelming. I would recommend it to nearly anyone.

Dr Allender has masterfully woven statistics & story into a captivating story of crime scenes & the effects of the victims' wounds.

This book is so amazing and so deep. I tried to read a lot about this topic for years searching on the internet but this book is the best so far. God bless you Dr Dan and I glad there are people like him who can go deeper.

This author is quick to get to the heart of the matter. He has a great writing style and has great insight and explanations of feelings are clear and defined.

Excellent book. Very in-depth

This book is truly about what the subtitle says..."The heartache of sexual abuse and the hope of transformation." The first part of the book is about how sexual abuse harms the heart and why that harm is so deep and long lasting. The second part of the book is about what the road to healing looks like. I was hesitant to read this book because so often ignorance is bliss. However, God has brought some people into my life who have suffered from sexual abuse. As much as I want to pretend these horrors do not really exist, I know they do and I should seek to understand if I can help the healing process in any way. This book is really long and in depth. I skipped some of the chapters that didn't seem to apply as much. And a few chapters I skimmed just because they were so hard to read. The book seemed balanced in that it talked about the subject from so many different angles. I learned about the brain and how it is affected by sexual abuse. I learned about why people behave certain ways after abuse. I learned about different kinds of sexual abuse and signs that they are occurring. And in the end, I was left with some hope. I think I also gained some understanding as to the depth of the pain these people have gone through so that I can be more

empathetic to their current struggles. And while the author says that these victims won't be fully healed until heaven, God can begin to heal, and He can use me in that process. This isn't a light read or a fun read, but I would recommend it. We are surrounded by sexual abuse, and I feel like we need to ask God what our part is in ending it and supporting those who have already endured it. I received this book for free in exchange for an honest review.

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