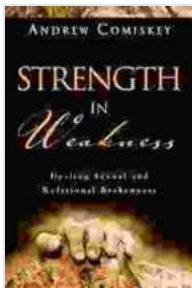


Strength in Weakness: Healing Sexual and Relational Brokenness

In her book, *Strength in Weakness: Healing Sexual and Relational Brokenness*, Dr. Juli Slattery explores the complex and often hidden world of sexual and relational brokenness. Through personal stories and clinical insights, she offers a path to healing and wholeness for those who have been hurt and betrayed.



Strength in Weakness: Healing Sexual and Relational Brokenness by Andrew Comiskey

★★★★☆ 4.2 out of 5

Language : English
File size : 3399 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 215 pages



Slattery begins by acknowledging the shame and stigma that often accompany sexual and relational trauma. She writes, "Shame is a powerful force that can keep us silent and isolated. It can make us feel like we are the only ones who have experienced this kind of pain." However, Slattery emphasizes that shame is not a reflection of our worthiness. It is simply a symptom of the trauma we have experienced.

Once we have acknowledged the shame, we can begin the process of healing. Slattery outlines a four-step process that includes:

1. **Telling our story.** This is a crucial step in the healing process. It allows us to break the silence and begin to process the trauma we have experienced.
2. **Grieving our losses.** Sexual and relational trauma can result in a number of losses, including the loss of innocence, trust, and safety. It is important to grieve these losses in Free Download to begin the healing process.
3. **Forgiving ourselves and others.** Forgiveness is not about condoning the behavior of the perpetrator. It is about releasing the anger and resentment that we hold onto. Forgiveness can be a difficult process, but it is essential for healing.
4. **Moving on.** This does not mean forgetting the trauma we have experienced. It simply means that we can no longer allow it to control our lives. We can move on and create a new, fulfilling life for ourselves.

Slattery's book is a valuable resource for anyone who has experienced sexual or relational trauma. It is a compassionate and practical guide to healing and wholeness.

About the Author

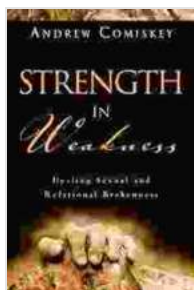
Dr. Juli Slattery is a licensed psychologist and certified sex therapist. She has over 20 years of experience working with individuals and couples who have experienced sexual and relational trauma. She is the author of several books on the topic, including *Strength in Weakness: Healing*

Sexual and Relational Brokenness and Recovering from Sexual Trauma: A Path to Healing and Wholeness.

Reviews

"*Strength in Weakness* is a powerful and compassionate book that offers hope and healing to those who have experienced sexual and relational trauma. Dr. Slattery's insights are invaluable, and her four-step process for healing is a roadmap to recovery." - **Dr. Bessel van der Kolk, author of *The Body Keeps the Score***

"*Strength in Weakness* is a must-read for anyone who has been hurt and betrayed. Dr. Slattery's writing is clear, concise, and compassionate. She offers a wealth of practical advice and support for those who are struggling to heal." - **Lori Gottlieb, author of *Maybe You Should Talk to Someone***

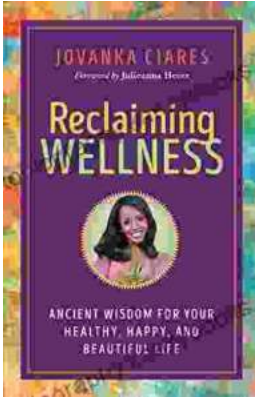


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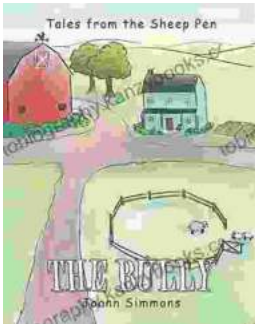
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