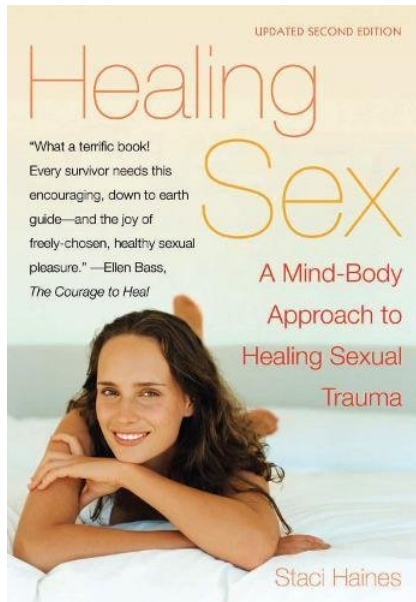


[Download] Healing Sex: A Mind-Body Approach to Healing Sexual Trauma



CONTINUE ►

The first encouraging, sex-positive guide for all women survivors of sexual assault ? heterosexual, bisexual, lesbian, coupled, and single ? who want to reclaim their sex lives. While most books on the topic broach sexuality only to reassure women that it is all right to say no to unwanted sex, *Healing Sex* encourages women to learn how to say yes ? to their own desires and on their own terms. This mind-body approach to healing from sexual trauma was created by Staci Haines, who has been educating in the area of sexual abuse, sex education, and somatic healing for over 15 years. Her techniques are ideal for anyone looking for a new way to heal from trauma, beyond traditional talk therapy.

CONTINUE ►

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