

# **Sexual Assault: Will I Ever Feel Okay Again**

## **Sexual Crime**

A contemporary, fact-filled resource on the historical, legal, medical, and political aspects of a wide variety of sexual crimes. Authoritative and informative, *Sexual Crime: A Reference Handbook* offers a thoroughly up-to-date report on an issue of extraordinary urgency. It is an expert introduction to a variety of often misunderstood crimes. *Sexual Crime* begins with a background chapter outlining the causes and definitions of sexual crime, legal and cultural attitudes over the past three centuries, and common myths surrounding this sensitive subject. It then offers wide ranging coverage of issues, including date rape, crimes involving male victims, rape in prison, female perpetrators, medical treatments, political ramifications, and other contemporary issues.

## **Resurrection After Rape**

A top-selling, best-reviewed book about women's recovery from rape trauma, *"Resurrection After Rape"* is an ideal resource for counselors, treatment centers, college course texts, and survivors of rape.

## **The Truth about Rape**

If you were raped, recently or even years ago, you know that desperate feeling of wanting to get your life back together. If it feels like everything is broken and you're all alone, this book is a safe and reliable guide to recovery.

## **The Long Journey Home**

Maybe the only thing new about sexual abuse is quality discussion from several professions (psychology, theology, and pastoral care). Here are the insights of over two dozen psychologists, theologians, and those in pastoral care, all targeting the issue of sexual abuse. Designed as a resource for Christian educators, therapists, pastors, social workers, group leaders, and survivors, *The Long Journey Home* combines current research in mental health with rich theological reflection, global concern with fervent pastoral wisdom for the local faith community. Whether you are a counselor, professor, pastor, or spouse of a survivor, you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape. The breadth of material, biblical insight, discussion questions, and helpful resources gathered here just may be the tool of a generation.

## **The Silver Compass**

Ellis Williams was seventeen, pregnant, abandoned by her own father, and scared to death when she jumped off a bridge in Barrow, Montana, one rainy Sunday morning. Then along came Louie Johnson, who pulled her from the river and saved her from shame with a beautiful lie. His selfless act changed several lives that day...and led Ellis to rediscover the treasured silver compass that has been her touchstone and inspiration ever since. That was fifteen years ago. And a lot has changed. Recently widowed, with a troubled teenage daughter of her own, Ellis returns to Barrow where life still catches her by surprise. First, the town eccentric is none other than Louie Johnson, estranged from his own grown daughter and keeping things hopping down at the nursing home where Ellis gets a job. Then Ellis's father suddenly reappears after almost two decades, and Ellis is torn between bitter resentment and a profound yearning to reconnect with her past. Amidst the confusion of these tangled lives, Ellis begins to learn that forgiveness and second chances often go hand-in-

hand, and that life's most wonderful gifts can come in an instant, pointing us in new directions.

## **The College Student Counseling Treatment Planner**

The College Student Counseling Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for young adult clients Organized around 28 main presenting problems, from academic performance anxiety and financial stress to depression, suicidal ideation, and chemical dependence Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-IV-TR(TM) diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

## **The Veterans and Active Duty Military Psychotherapy Treatment Planner**

The Veterans and Active Duty Military Psychotherapy Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Features empirically supported, evidence-based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel, including substance abuse, adjustment to killing, anger management and domestic violence, pre-deployment stress, survivors' guilt, and combat and operational stress reaction Over 1,000 prewritten treatment goals, objectives, and interventions plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Veterans and Active Duty Military Psychotherapy Progress Notes Planner Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

## **The Veterans and Active Duty Military Psychotherapy Treatment Planner, with DSM-5 Updates**

This timesaving resource features: Treatment plan components for 39 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most insurance companies and third-party payors Includes Evidence-Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Veterans and Active Duty Military Psychotherapy Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Features empirically supported, evidence-based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel, including substance abuse, adjustment to killing, anger management and domestic violence, pre-deployment stress, survivors' guilt, and combat and operational stress reaction Over 1,000 prewritten treatment goals, objectives, and interventions plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Veterans and Active Duty Military Psychotherapy Progress Notes Planner Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners® series: Progress Notes Planners contain complete, prewritten progress notes for each presenting problem in the companion Treatment Planners. Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. For more information on our PracticePlanners®,

including our full line of Treatment Planners, visit us on the Web at: [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

## **The Sexual Healing Journey**

Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, and workshops, this guide is filled with first-person accounts of women and men at every stage of sexual healing. This compassionate resource helps survivors to: Identify the sexual effects of sexual abuse Eliminate negative sexual behavior and resolve specific problems Gain control over upsetting automatic reactions to touch and sex Develop a healthy sexual self-concept

## **Coping with Date Rape and Acquaintance Rape**

The statistics associated with date rape and acquaintance rape are staggering, especially for teens and young adults, who are at the highest risk. With warmth and candor, this straightforward guide offers frank advice and insightful context to demystify concepts like rape and consent, and provides advice for what to do after experiencing date rape or acquaintance rape. Features include questions for an expert, myths and facts, and illuminating sidebars. Thoughtfully inclusive, readers are empowered to confront social norms and attitudes that perpetuate rape culture and consider the intersectional nature of sexual violence.

## **Body & Soul, Healed & Whole**

If you're a survivor of sexual harm, recovering your sexuality is possible. You are worthy of good care. The toxic effects of sexual trauma and abuse can be devastating and lasting. Victims' ability to experience healthy sexuality, even if they free themselves from the abuse, is often shattered. If sexual abuse, violence, or coercive control is part of your story, certified sex addiction therapist (CSAT) and trauma specialist Tabitha Westbrook wants you to know: you are not alone, and healing is possible. In *Body & Soul, Healed & Whole*, Tabitha draws on her specialized expertise, her own personal story of abuse, and a deep knowledge of Scripture to create a safe and compassionate place for you to start recovering – or even finding - the healthy sexuality God intended for you. With honest wisdom and empathetic understanding, *Body & Soul, Healed & Whole* will help you discover how to: process your story of abuse—whether it occurred as a child, within marriage, or by someone in a position of power—without shame, develop healthy relationships with God, with ourselves, and with others (including those of the opposite sex), reconnect with your good body and establish a foundation for healthy sexuality, whether currently married or single, identify and address any spiritual abuse that may have taken place within sexually abusive relationships, understand what arousal structures are, how they're formed and distorted by abuse, and how to shift them when needed for healing, and incorporate practical skills for self-care during your healing process. Sexuality does not have to be forever broken. Rest assured in a God who understands and loves you in the deepest of deep ways—and begin your journey toward wholeness, restoration and healing.

## **New Feminist Stories of Child Sexual Abuse**

Child sexual abuse is a multifaceted event, interpreted in many different ways, in many different contexts. In *New Feminist Stories of Child Sexual Abuse*, contributors try to untangle some of the complex ways in which stories of child sexual abuse are translated through and into personal, professional and social politics. The first section of the book explores the cultural and political landscape of child sexual abuse in Western and non-Western contexts. It examines the ways in which radical aspects of feminism can be undermined in Western cultures and how Westernised ideologies of childhood, sex and gender have been used to structure discussions about child sexual abuse across the world. The second section traces the effects of these wider cultural and political narratives through the various contexts in which child sexual abuse is theorised and around which interventions in the lives of women are structured. It provides insights into how traditional

approaches to understanding harm can be challenged and reworked in practice, using alternative therapeutic models based on feminist post-structuralist agendas. Reworking earlier feminist analyses, *New Feminist Stories of Child Sexual Abuse* asks pertinent questions about how child sexual abuse is produced, rather than merely represented, in the ways we speak about it.

## **Coming Home to Passion**

This book offers a detailed road map for overcoming sexual and relationship impasses originating from painful childhood experiences. Large numbers of adults with histories of childhood trauma and neglect suffer persistent relationship and sexual difficulties. Unfortunately, most have failed to receive adequate help with emerging from these deep and complex problems. *Coming Home to Passion: Restoring Loving Sexuality in Couples with Histories of Childhood Trauma and Neglect* explores the enduring impacts—physiological, psychological, and behavioral—of childhood trauma and neglect. Author Ruth Cohn, drawing on 25 years of experience working with trauma survivors and their partners and families, lays out a practical and actionable course for recovery in clear, accessible language. This book provides direction and hope to those with trauma backgrounds while also serving as a unique resource for professional readers. Integrating in-depth information on attachment and relationship, trauma and neglect, and sexuality, Cohn details a practical, hands-on treatment approach for revitalizing love, health, and passion.

## **Rough**

**\*\*AS HEARD ON BBC RADIO 4'S WOMEN'S HOUR\*\*** *Rough* is a revolutionary non-fiction work exploring the narratives of sexual violence that we don't talk about. A bad sexual experience. A grey area. Not rape but... A violation. These are the terms we use to describe the experiences we don't have words for. The way we talk about topics such as sex, consent, assault aren't fit for purpose. Through powerful testimony from 50 women and non-binary people, this book shines a light on the sexual violence that takes place in our bedrooms and beyond, sometimes at the hands of people we know, trust, or even love. *Rough* investigates violations such as 'stealthing,' non-consensual choking, and non-consensual rough sex acts that our culture is only starting to recognise as sexual violence. The book explores the ways in which systems of oppression manifest in our sexual culture - from racist microaggressions, to fatphobic acts of aggression, and ableist dehumanising behaviour. An intersectional, sex-positive, kink-positive work, the book also examines how white supremacy, transphobia, biphobia, homophobia, and misogyny are driving forces behind sexual violence. *Rough* is an urgent, timely call for change to the systems that oppress us all. 'An incredible investigation into a frighteningly common part of our sexual experience,' Dr Fern Riddell 'Rough speaks to how many women often feel after sexual encounters ...This book is excellent and demonstrates just how valid those feelings are,' Adele Walton, founder of Humanitarian Hotgirl

## **Counselling a Survivor of Child Sexual Abuse**

This book provides a vivid insight into working with a client who is a survivor of child sexual abuse. Using fictitious dialogue it illustrates the person-centered approach and relates it to how memories can surface, and the impact that this can have on the client and counselor. It provides a deep insight into the counseling relationship and the counselor's use of supervision, highlighting discussion points throughout to aid training and reflection. It is essential reading for all counseling trainers and psychotherapists and all other health professionals dealing with people who have suffered sexual abuse in childhood.

## **Sexual Abuse of Males**

Based on hundreds of case histories, this book examines the sexual abuse of boys, from the perspectives of victim & perpetrator. It adopts a psychosocial context & seeks to develop a multidimensional understanding of dynamics & effects.

## **Sweetheart Treasures, Sharing the Value of Sexual Purity**

The purpose of this Guide is to provide parents & other caring adults with a positive plan to share the value of sexual purity with their young people. The guide can be used with or without the SWEETHEART TREASURES pendants & gift cards. Pastor Scott (Buzz) Inboden, Columbus, Ohio said this: \"I've met many parents who waited too long to teach their children the wonders of Biblical sexuality. This book guides parents through a tender process that embeds truth deeply into the heart & head. Even if you did everything wrong when you were a teen, this book can help you have hope & give you confidence to introduce your teen to God's better way to celebrate his or her sexuality.\" By focusing on the emotional & spiritual aspects of sexuality, this book guides young people through a decision-making process that helps them make a responsible choice. The beauty of God's plan for marriage & then sex is clearly established. Not only will young people understand what God's plan for marriage & sex is but they will understand why it is the best plan. To order: Treasured Values/JOY Inc., P.O. Box 323, 141 Letts Ave., Sunbury, OH 43074. 614-965-2046.

## **Child Sexual Abuse**

Based on over 25 years of research supported by grants from the National Institute of Mental Health (NIMH), the National Center on Child Abuse and Neglect (NCCAN), and other funding sources, Child Sexual Abuse describes a premier empirically supported treatment approach for children, adolescents, and non-offending parents/caregivers impacted by child sexual abuse

## **Working with the Trauma of Rape and Sexual Violence**

Inadequate responses to victims of rape or sexual violence can lead to further psychological trauma which damages their chances of recovery. Addressing key issues for people working with victims of sexual violence, this resource offers the skills, knowledge and insight to help survivors as they move forward with their lives.

## **The Sexual Abuse of Children**

The sexual abuse of children is now seen as an enormous problem; first, because there is an increasing awareness that it is more prevalent than previously thought, and second, because it gives rise to so many complex questions. How is sexual abuse to be defined? What are the effects of abuse? How can the victim be helped? How can abuse be prevented? These two comprehensive volumes cover a wide spectrum of basic and applied issues. Expert contributors -- including physicians, attorneys, psychologists, philosophers, social workers, and engineers -- address such relevant topics as epidemiology, animal models, legal reforms, feminist scholarship, child pornography, medical assessment, and diverse models of psychotherapeutic intention.

## **Like a Fine Piece of China**

**Description** This collection of poems epitomises the journey of a mind experiencing a nervous breakdown. Deeply felt and to the point, John addresses the specifics of his mental processes from the very start. Yet, particularly towards the end, there are hints of a slow recovery, a distinct sense of a single flame identifying the positive. **About the Author** Six years ago, one day changed John Ryan's life for ever. Just another day at work, it seemed, until he was approached from behind by a much younger man, who buggered him with such force that John suffered a complete mental breakdown, which has lasted to this day. This volume of poems is a detailed description of the journey of that breakdown. John, now 63, is determined to recover that he hopes to begin a Degree at University in September 2010, reading Anthropology and Sociology. This volume is dedicated to those who suffered with him during his three-time stay in a mental institution.

## **Helping Your Child Recover from Sexual Abuse**

The sexual abuse of a child creates a devastating family crisis. Parents want to know what to do and say to help their child, both immediately and in the long term. *Helping your Child Recover from Sexual Abuse* offers practical guidance for parents who courageously face the days and months after a child's abuse. Written in a positive, reassuring jargon-free style, it discusses each stage of a child's recovery. Information for parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages. The book presents the collective wisdom of numerous parents who have been through this experience and have learned how to help their children feel stronger, safer, braver, more lovable, worthwhile, and competent. Topics covered: What to do when abuse is first disclosed; Helping a child cope with the legal system; Responding to the reactions of friends and loved ones; Children's reactions to abuse; How parents and children grieve differently; Rebuilding a child's self-esteem; Dealing with confusion about sexuality; Helping a child feel safe and in control; Typical problems at different ages; Recognizing when a child is getting better.

## **The Black Sheep of the Blue Family**

After graduating at the top of my police academy class, I was given the opportunity to put on a police uniform and serve those around me. I had a blast. Until the inevitable happened. During that time, I experienced what no person ever wants to go through--sexual harassment and, finally, sexual assault by my own brothers in blue. While I loved my line of work (and I still do), it nearly broke every fiber of my being for years. Yet I believe that God is going to use that experience to help others heal. My story is not over. My dreams are not completed. God still has a purpose for my life. It has been a long journey. It has taken many years to fully understand this from the trauma I faced as a police officer, but God. Through the sullen ashes of past trauma, beauty will arise through the power of Christ. My hope is that my story can raise awareness of sexual harassment in the workplace. More so, I hope every survivor of sexual assault can find true healing that only comes from God. You may have a dark past, but you can still have a bright future. May you find your faith in God and a complete healing through my scars.

## **Church Advocate**

People all over the world suffer in silence. Why? Because they do not have any answers as to how to help themselves or deal with their unresolved pain. They are either stuck in their physical, emotional, spiritual, and sexual life, or they are experiencing a deficit in one or more of these four categories. There are tried and proven solutions! There are precepts a person can apply to their life that will lead them to freedom in all of these areas. *RESET YOUR HEART* is not another self-help book that makes empty promises and delivers no results. On the contrary! Following the principles outlined within its pages will set you free! My own physical life was set in order and my emotional heart was freed from the pain I carried for years. I have been liberated in my spiritual life and my sexual identity has been restored. This is something I could previously only imagine. If someone has experienced severe trauma in their life, it would be helpful to also seek assistance from a trusted counselor. However, the principles that have been outlined in this book can be applied to help a person get on the right track. My intent for writing this book is to instill hope for people of all ages and stages of life and to encourage them to *RESET THEIR HEARTS* and live the abundant life God has promised.

## **Reset Your Heart**

Recovery

## **Recovery**

I'm sure our world is starving for healing. There is a miraculous blend of raw and real life experiences that knocked the wind out of me in every chapter. It takes you through crushing losses where life stops and begins again. It's soul writing that smacks you awake. I was accompanied by the spiritual force of humanity. Whatever made me a writer has everything to do with misery and how we can evolve to find our highest and deepest selves in the dirt, in the darkest of times. I'm a living scar that hits the floor each morning, giving thanks for a new day. May you find the resilience to keep moving through both the terror and beauty of what it means to be fully human. It's tricky, and you are enough. You are ridiculously enough.

## **Invisible Limp**

Practical and clearly written, this new book from best-selling author Louise Porter equips mental health professionals with the knowledge and skills they need to provide insightful guidance and support to children and adolescents. The book introduces exciting new models for thinking about young people's needs, self-esteem and resilience that will invigorate counselling. It outlines the most common presenting difficulties for young people and provides clear, practical guidance on how professionals in a counselling environment can respond to these in an effective way. Offering a coherent blend of theories and practices, chapters address a wide range of emotional, social, behavioural and learning difficulties with which young people may present to counselling, such as experiences of grief and loss, anxiety and depression, disordered eating, and dealing with adversity. With an aim to empower, the book presents a non-pathologising approach to counselling that respects the skills that young people bring to working through their challenges. Accessible for professionals and trainees alike, this book is a must-have for anyone working in a counselling capacity with children and adolescents.

## **Counselling Young People**

Ruby Lee Tuesday was born to be her father's property. Trapped in an abusive home where only perfect was good enough for the devil, Ruby attempted to distract herself from his ways through her music, poetry, art, and most importantly, her faith in God. Tuesday shares a heartbreaking story of childhood trauma as she bravely pursued her dreams, despite living with parents who seemed determined to destroy her, both physically and emotionally. While providing a riveting look into the ways of an abuser, Tuesday details how her mistreatment eventually caused her to lose her faith, embark on a path of self-destruction, and succumb to panic attacks and depression. But through it all, Tuesday somehow managed to find solace and an escape in her music, ultimately leaving everything behind and bravely following her dream all the way from Norway to Nashville, Tennessee, where she would find faith once again. *Better Believe* is a story of determination, passion, betrayal, friendship, and hope as one woman journeys from the darkness of abuse into the light of healing where she learns to believe in herself for the first time.

## **Better Believe**

Out of all reported cases of sexual assault, nearly 70 percent occur with victims who are under the age of seventeen, and it has been estimated that one in ten children will be sexually abused before they turn eighteen. Sexual assault has become an all-too-common occurrence among young adults. An assault can cause physical injuries, STDs and STIs, post-traumatic stress disorder, flashbacks, anxiety, depression, and other re-experiencing symptoms. It can lead to poor academic performance, substance abuse, risky sexual behavior, and even suicide. Research has also shown that victims of sexual abuse are more likely to confide in friends than in adults, but those friends may not be equipped to help. In *Sexual Assault: The Ultimate Teen Guide*, Olivia Ghafoerkhan describes the various ways sexual violence can be perpetrated, discusses myths many teens believe about the subject, and outlines how young adults can get the help they need to begin the healing process. Topics covered include date rape, abusive relationships, incest, breaking the silence, victim blaming, support, healing. An invaluable resource for young people, *Sexual Assault: The Ultimate Teen Guide* aims to give victims and their friends the courage to report such crimes, advice on where to find help, and hope that life can return to some sense of normalcy after such a horrific experience.

## **Sexual Assault**

Sexual offenders – arguably the most hated and feared of all offenders – commit their crimes in our communities and are then hidden from public view as they serve long prison sentences. However, despite the public's understandable anxiety, our criminal justice systems hold to the premise that almost all offenders have the right to hope for rehabilitation, even redemption. Therefore the majority of sexual offenders return to live in our communities, closely monitored by criminal justice agencies and subject to rigorous controls. This book provides an authoritative guide to working with sexual offenders, with a focus on managing those who are reintegrating into the community. It includes those with the most striking histories of trauma and psychological difficulty, and those who have previously failed in their attempts at resettlement. It covers helpful theoretical ideas, such as attachment theory and models of desistance, as well as the latest evidence base for good quality risk assessment. The book supports practitioners on the front line of this work by providing them with evidence-based guidance. It presents a multitude of case examples and practice tips that can support effective decision making and achieve safe outcomes, as well as help such offenders build worthwhile community lives.

## **The Rehabilitation of Sexual Offenders**

A comprehensive examination of the pervasive and persistent social problem of sexual violence and abuse that plagues millions of women, children, and men across the globe. *Sexual Violence and Abuse: An Encyclopedia of Prevention, Impacts, and Recovery* coalesces the vast amount of information available on the subject, providing a convenient and comprehensive resource on sexual violence and abuse for students, practitioners, and general readers. It is the first of its kind to bring together a full range of topics on sexual violence and abuse across a human lifespan in a single work. The entries are written by a range of professionals who represent academics, researchers, and individuals working in the field of sexual violence and abuse. The two-volume work contains 264 fully cross-referenced entries in alphabetical order, starting with abortion and ending with yoga therapy. The bibliography provides important books, articles, online resources, and videos on a wide range of topics. The encyclopedia also includes a list of key topics with corresponding entries to assist readers needing to examine a group of related entries.

## **Child Abuse and Day Care**

How do we find contentment in God when we feel so hidden? Sara Hagerty unfolds the truths found in the biblical story of Mary of Bethany to discover the scandalous love of God and explore the spiritual richness of being hidden in him. Every heart longs to be seen and understood. Yet most of our lives is unwitnessed. We spend our days working, driving, parenting. We sometimes spend whole seasons feeling unnoticed and unappreciated. In *Unseen*, Sara Hagerty suggests that this is exactly what God intended. He is the only One who truly knows us. He is the only One who understands the value of the unseen in our lives. When this truth seeps into our souls, we realize that only when we hide ourselves in God can we give ourselves to others in true freedom--and know the joy of a deeper relationship with the God who sees us. Our culture applauds what we can produce, what we can show, what we can upload to social media. Only when we give all of ourselves to God--unedited, abandoned, apparently wasteful in its lack of productivity--can we live out who God created us to be. As Hagerty writes, \"Maybe my seemingly unproductive, looking-up-at-Him life produces awe among the angels.\" Through an eloquent exploration of both personal and biblical story, Hagerty calls us to offer every unseen minute of our lives to God. God is in the secret places of our lives that no one else witnesses. But we've not been relegated to these places. We've been invited. We may be \"wasting\" ourselves in a hidden corner today: The cubicle on the fourth floor. The hospital bedside of an elderly parent. The laundry room. But these are the places God uses to meet us with a radical love. These are the places that produce the kind of unhinged love in us that gives everything at His feet, whether or not anyone else ever proclaims our name, whether or not anyone else ever sees. God's invitation is not just for a season or a day. It is the question of our lives: \"When no one else applauds you, when it makes no sense, when you see no results--will you waste your love on Me?\"



## Sexual Violence and Abuse

Polluto has packed a snorkel and will head to Atlantis for a quick visit to fight killer mermaids and their legions of underwater nasties. Unfortunately we forgot our passport and bank statements. Mind if we borrow yours?

## Unseen

As seen on TikTok, from Samantha Towle, the New York Times bestselling author of *Ruin*, comes a the next dramatically powerful and passionate novel in the *Gods* series. Readers are raving about *Rush*! 'Epic. Loved every word, and Sam Towle proves yet again a true veteran in the art of contemporary romance' 'Her characters are always amazing and her stories leave you wanting more.....enjoy the read!!' 'Every expectation was surpassed and I devoured this book in a day' 'A phenomenal book'

..... 'With the first pick in the 2015 NFL Draft, the New York Giants select . . .' It's been three years since quarterback Ares Kincaid's NFL dream came true, and he's living the high life. The days of cleaning up after his drunk of a father are long gone, and he has no intention of going back. A car crash and DUI charge meant a lengthy stint in rehab for Arianna Petrelli, and her dream of being a professional artist slips further away when she's sacked from her position at a gallery. Her need for a job stronger even than her dislike of football, Ari goes to work for her father, the head coach of the New York Giants. Ares hates alcoholics, which is fine with Ari because she thinks he's a brainless jock. Yet when Ares rescues Ari from a situation with her ex-boyfriend, an unlikely friendship begins - one that quickly becomes more. But messing around with the coach's daughter can only lead to one thing . . . trouble.

..... The *Gods* series begins with *Ruin* - out now! Plus, don't miss any of Samantha Towle's sensational love stories, including the romantic comedy *Breaking Hollywood*, the sizzling beach romance, *The Two Week Stand*, and many more! Just some of the incredible praise for *Ruin*: 'A moving and fan-yourself-worthy love story' USA Today's *Happy Ever After* 'Samantha Towle at her best' 'Wow! What a story, I can't even begin to tell you just how much I loved . . . this mind blowing book' 'I adored this story! . . . Samantha Towle really knows how to make her characters jump out of the page and into our hearts as their journey becomes our own' 'I love a good second chance romance story and this one was A-M-A-Z-I-N-G'

## Polluto 6 - Identity Theft & the Octopus Kid

*When Bad Things Happen to Good Women* is a survivor's toolkit by a leading expert in how to survive tragedy and thrive afterward. Carole Brody Fleet's book is a chorus of voices of females who overcame intense odds and rebounded. Filled with moving stories and specific steps on how to move on, these words of hard-won wisdom make an important component in dealing with trauma. Real-life stories and practical advice on life-altering topics are shared by women of all walks of life. New York Times best-selling author and CBS reporter Lee Woodruff tells the story of how her news correspondent and anchorman husband Bob Woodruff nearly died from a roadside bombing in Iraq. Kristen Moeller of *Tiny House Nation* on A&E describes the devastating wildfire that destroyed her home, and how she overcame losing literally everything. A bride-to-be shares the wedding day that became a memorial for her groom when he died in a car wreck on his way to the church. No matter the trauma, Carole Brody Fleet makes sure readers are equipped with the tools and techniques to thrive after any tragedy — with a big heart and peaceful mind intact.

## Rush

'A privilege to read, a pleasure to endorse' PROFESSOR TANYA BYRON 'This book completely bowled me over' DOMINIC DAVIES 'A super comprehensive book' MEG-JOHN BARKER To be queer is to feel different - a felt sense that you don't fit in. This can be alienating and difficult and lead to mental health challenges and lower wellbeing throughout life. Using a range of therapeutic approaches, this comprehensive,

down-to-earth self-help workbook is designed to be your personal mental health resource. It is filled with techniques and activities you can read, tailor and 'pick and mix' to improve your wellbeing as a queer person, at your pace. The workbook is split into two sections - the first part focusses on laying the groundwork by exploring identity, psychological wellbeing, and mental health experiences in order to situate mental health challenges in context and improve overall mental health. The second half hones in on ideas and techniques applicable to specific challenges and situations. It explores difficult topics such as anxiety, low self-esteem, eating disorders, self-harm, suicidal ideation, shame, trauma, substance abuse, sleep, and low mood, all whilst maintaining a focus on your needs as a queer individual. Empowering and reassuring, and written by an experienced queer mental health practitioner, this one-of-a-kind workbook will help you to flourish as a queer person and begin to overcome any challenge.

## **When Bad Things Happen to Good Women**

This book provides a practical framework for using a person based cognitive therapy approach for addressing the range of problems experienced by people with psychosis. Chapters 1-4 provide a context for the approach and chapters 5-12 cover the clinical application of the approach. Key features include; the integration of the author's work on Mindfulness (simple meditation technique that is similarly creating a lot of interest at present) for people with psychosis; inclusion of the two-chair method; plus a chapter on group therapy.

## **The Queer Mental Health Workbook**

Is anyone crying for help? God is listening, ready to rescue you. If your heart is broken, you'll find God right there; if you're kicked in the gut, he'll help you catch your breath. ~Psalm 34:1718, The Message translation  
Has grief knocked your breath out of you? Everybody experiences grief, loss, and life challenges throughout their lives. Most are unprepared for their grief and the impact it will have. Grief is brutal and has a way of making you feel as though everything good in your life is slowly being crushed, leaving you gasping for air. Although painful to experience, grief is one of the most powerful teachers you can learn from. When one goes through grief or loss, the invaluable opportunity to understand, love, and know God better immediately begins. He is the key to creating a fuller, more purposeful life in spite of grief. In *Getting Your Breath Back After Life Knocks It Out of You*, K.B.H. Niles transparently shares her experiences with grief and loss. She reveals how her relationship with God helped her grieve multiple deaths, including the deaths of her sister, father, and grandparents, after she found God in the midst of her pain. How do you get your breath back after life knocks it out of you? K.B.H. Niles explains key "oxygen" God revealed to her as she studied His Word during times of intense grief. In *Getting Your Breath Back After Life Knocks It Out of You*, you will find how to: Develop a treasured relationship with God Regain your faith and hope Resolve bitterness, guilt, and regrets Find the encouragement you need during grief Understand the importance of relationships Value God's time through grief and life Realize the importance of grieving in your own unique way Develop gratefulness, thankfulness, and praise Experience wellness, traditions, and enjoyment Create a fuller, more purposeful life

## **Person-Based Cognitive Therapy for Distressing Psychosis**

*Getting Your Breath Back After Life Knocks It out of You*

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