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Letters to Survivors: Words of Comfort for Women Recovering from Rape

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Letters to Survivors: Words of Comfort for Women Recovering from Rape
WINNER of the Living Now Bronze Medal for "Books for a Better Tomorrow" - WINNER of the Nautilus Awards Silver Medal for "Books That Are Changing the World" - LETTERS TO SURVIVORS has been chosen by counseling programs and women's centers across America as their first-recommended book for survivors of rape and sexual abuse. What if you really aren't alone? What if you knew there is hope that things can get better? What if you could connect with other amazing women who have been through it too, and could share their hopes, advice, wit, and wisdom with you? LETTERS TO SURVIVORS offers you that. Women from around the world, from teen to adult, have gathered to give you their personal message of hope after rape. That makes LETTERS TO SURVIVORS one of the most uplifting, life-changing books you may ever read. Every letter is presented as a work of full-color art, alongside the printed text of each letter for ease of reading. Each woman's letter addresses a different aspect of recovery from rape, such as recovering trust, coping with depression and suicidal thoughts, self-injury, spirituality/God, how to find support, how to recognize toxic so-called "helpers," how to work effectively with your therapist, how to handle discouragement, and how to find hope again. Nothing in the book is "triggering"--there is no harsh language or dark imagery. "Letters To Survivors" can be read by a person at any stage of healing, and there is no other book like it.

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