



## Beyond Our Control: Restructuring Your Life After Sexual Assault (2nd)

By Leila Rae Sommerfeld

Kregel Publications,U.S. Paperback / softback. Book Condition: new. BRAND NEW, Beyond Our Control: Restructuring Your Life After Sexual Assault (2nd), Leila Rae Sommerfeld, Many women are waiting for help. Maybe you are too. The statistics are startling: 12-38 percent of women have experienced sexual abuse and over the next decade, more than 900,000 women and 28 million children will become victims. Sexual abuse is not going away--and neither will its aftermath. In "Beyond Our Control," Leila Rae Sommerfeld shares her own story of recovery after rape to give victims hope and encouragement to overcome the emotional scars associated with sexual abuse. Through her story and the stories of other survivors, you will discover -the three levels of victimization -myths about rape - how to grow emotionally and spiritually through the coping process -how God plays a role in freeing you from shame, guilt, resentment, and harmful memories With Leila Rae's reservoir of empathy and bonus material (including discussion questions and appendices), "Beyond Our Control" is the perfect book to share the hopeful message that new life is possible-and it is within reach. "Simply done, addressing major components of recovery. Suggestions are practical, realistic, and hopeful for women facing the life-changing trauma...



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