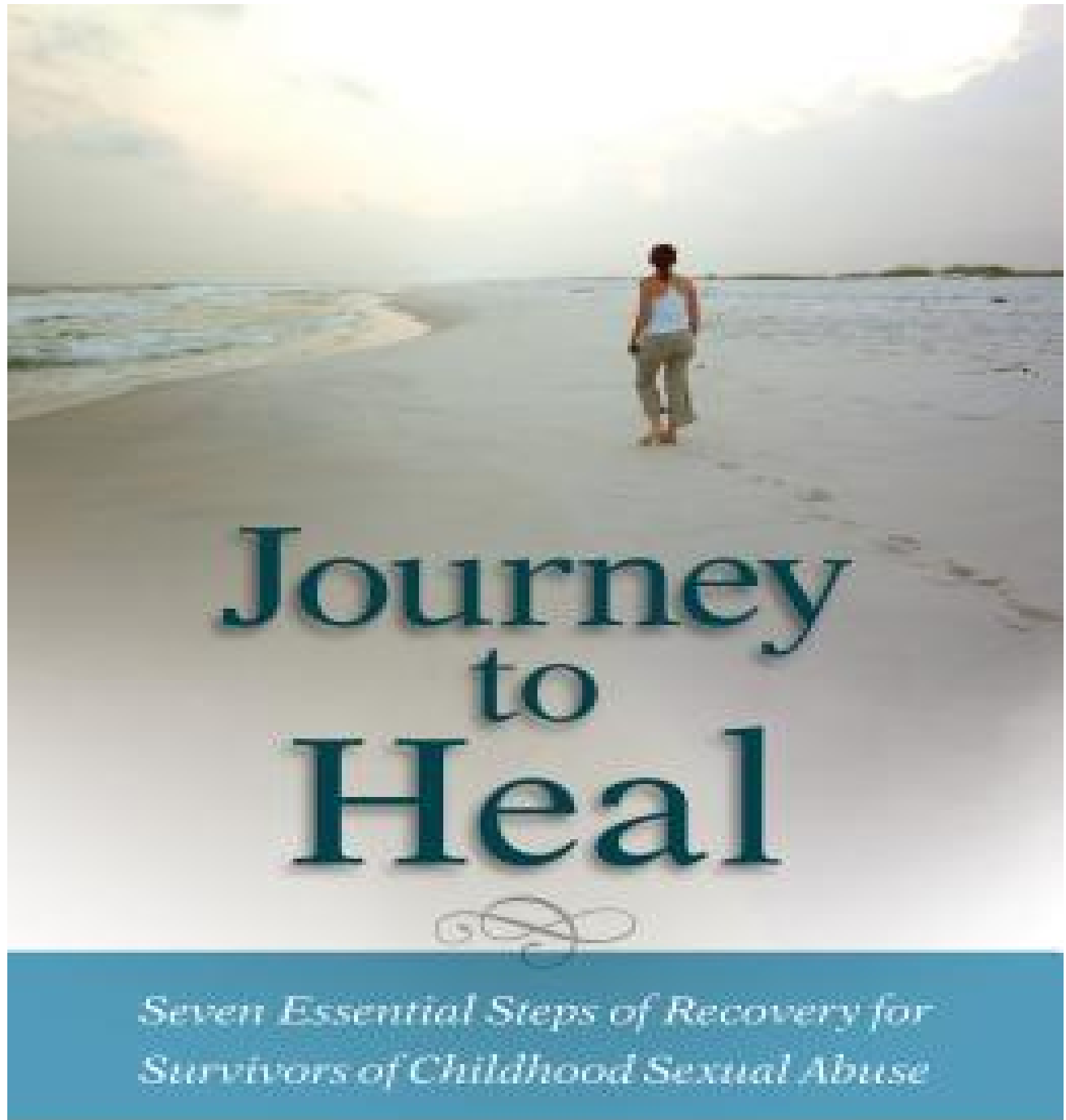
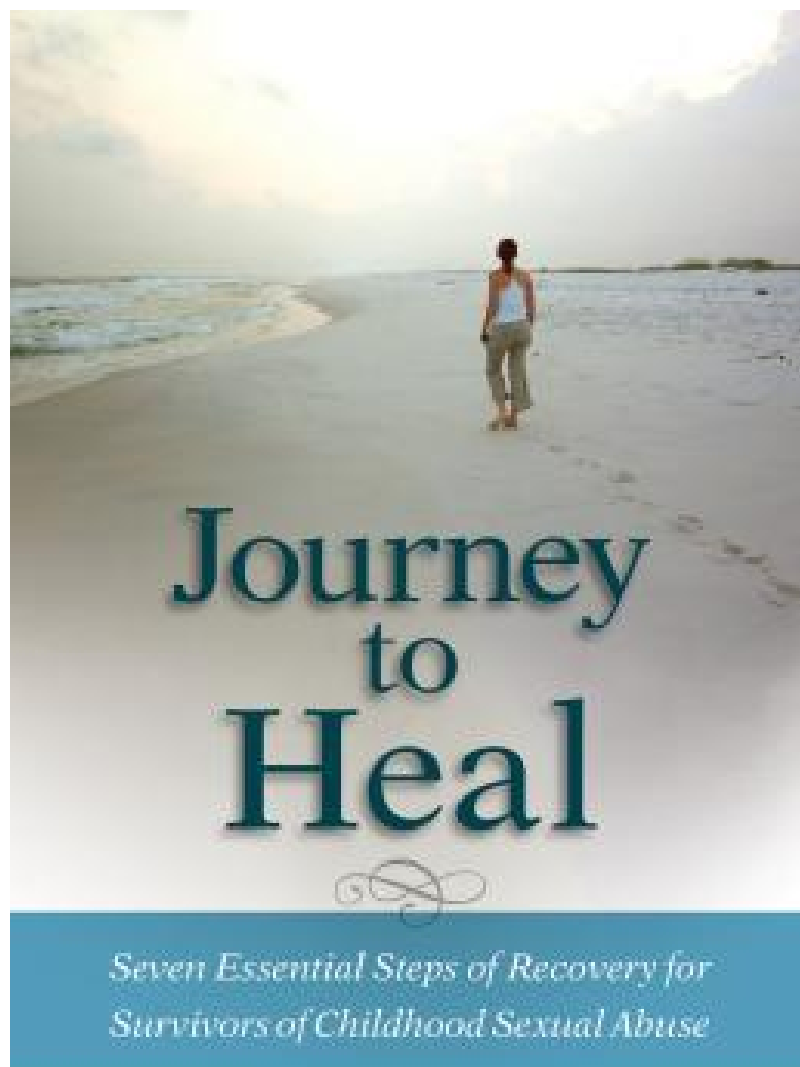


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CRYSTAL M. SUTHERLAND

Journey to Heal: Seven Essential Steps of Recovery for Survivors of Childhood Sexual Abuse
by Crystal M. Sutherland



CRYSTAL M. SUTHERLAND

Synopsis:=====

A path of hope and healing for survivors of childhood sexual abuseA woman who was sexually abused as a child is confronted with many internal questions: Am I worthless? Will I get past the pain? Do I matter to God? These and similar questions can carve a deep hole in an already wounded soul. Too often, the lies of worthlessness are believed, the pain becomes too much to handle, and survivors find themselves making choices that lead to more heartbreak. With over 42 million survivors (both male and female) in the United States alone, the need for a clear path to healing is great. Crystal Sutherland?herself a survivor of CSA?knows that while the recovery process is complex, healing is possible with God?s help. For women who want to progress from simply coping to living abundantly, Journey to Heal guides readers through

seven essential steps to recovery found in Scripture. Candid and open about her personal journey of healing,
Crystal comes alongside her reader as a friend who

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