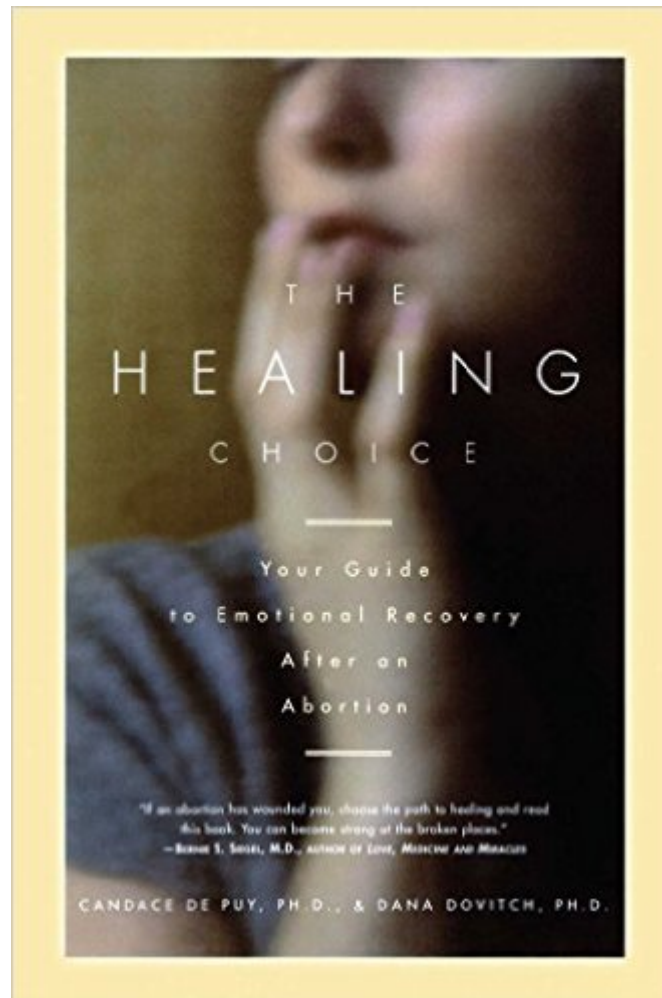


The book was found

# The HEALING CHOICE



## Synopsis

Two psychotherapists present a supportive guide to coping with the emotional and psychological aftermath of abortion, offering a step-by-step program that combines information, reassurance, and guidance to help women begin the process of recovery. • This is a book for any woman who feels psychological pain from her abortion • This is not a book about judgment, politics, or religion. •

• “from the authors”™ introduction Few women can walk away from the experience of abortion without some lingering emotional discomfort. Unresolved feelings of guilt, shame, and sadness may not surface until months, often years, after an abortion. We may lead outwardly normal lives, but these emotions can continue to cast a shadow, having a negative impact on personal relationships, coloring our moral or religious beliefs, even causing anxiety when we deal with a planned pregnancy. These feelings, if ignored, can possibly manifest themselves in more troubling ways, resulting in unstable relationships, self-destructive and addictive behaviors, depression, and low self-esteem. Now, two experienced psychotherapists share their approach to dealing with sensitive and long-overlooked issue of post-abortion pain or trauma. > breaks the silence surrounding a topic often clouded by debate and focuses exclusively on helping women chart a path toward emotional recovery. Through a step-by-step process, complete with self-tests, exercises, and interviews with women who share their own post-abortion experiences, Dr. Candace De Puy and Dr. Dana Dovitch will help you come to terms with your post-abortion emotions and offer support as you begin the process of healing.

## Book Information

File Size: 4203 KB

Print Length: 241 pages

Page Numbers Source ISBN: 0684831961

Publisher: Touchstone; Original ed. edition (June 11, 2013)

Publication Date: June 11, 2013

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B00CK6KF5C

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #537,624 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #164

inÂ Books > Politics & Social Sciences > Women's Studies > Abortion & Birth Control #725

inÂ Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #4466

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets

## Customer Reviews

I found this book to be very limited in scope. Knowing first hand what the experience is like, it is and will be different for everyone. This book is based on 40 women and 53 questions...hardly a wide range of data when by the age forty-five 1 out of every 2.5 women will have an abortion. I do not agree with a lot of what this book has to say. EVERY woman's experience will be different and sometimes the decision made turns out to be the wrong one. This book does not take that into account nor do I feel that it really goes into the depths of the pain that can be felt having to go through such an experience. This book almost makes having an abortion as black and white as most of society has made it. It is not an easy decision, it is one of the hardest that I think anyone could ever have to face. It goes well beyond having a child or not having a child. Finally, my largest complaint about this book is that it dismisses those women who do suffer severe emotional distress afterwards by saying that they were more than likely "unstable prior to their pregnancy"(introduction). That is absolutely absurd. This is such a far reaching decision, why is having "severe emotional trauma following the procedure" any less viable than not suffering severely? Not all terminated pregnancies are unwanted (as the book refers to the terminated pregnancies over and over again) sometimes they are just unplanned and sometimes there are just too many pressures from the outside world. I turned to this book in hopes of coming to terms with my own decisions, one I have regretted ever since but this book does not take people like me into account. More needs to be said and done for women who go through this. More needs to be done to help them afterwards.

[Download to continue reading...](#)

Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide

for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones,Relieve Stress, Energy Healing) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) The HEALING CHOICE The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Your Healing Diet: A Quick Guide to Reversing Psoriasis and Chronic Diseases with Healing Foods The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Theta Healing: Introducing an Extraordinary Energy Healing Modality Healing Lyme: Natural Healing of Lyme Borreliosis and the Coinfections Chlamydia and Spotted Fever Rickettsiosis, 2nd Edition Healing Without Medication: A Comprehensive Guide to the Complementary Techniques Anyone Can Use to Achieve Real Healing Healthy Healing: A Guide to Self Healing for Everyone (Eleventh Edition) Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies (Healing Your Grieving Heart series) Healing Your Grieving Heart for Teens: 100 Practical Ideas (Healing Your Grieving Heart series) A Cry from the Womb: Healing the Heart of the World: A Guide to Healing and Helping Souls Return to the Light After Sudden Death, Miscarriage, Stillbirth or Abortion

[Dmca](#)