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Triumph Over Darkness: Understanding and Healing the Trauma of Childhood Sexual Abuse

Wendy Ann Wood, Julie Livingston

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This collection of prose and therapeutic insights creates a powerful commentary on incest, rape, abuse, and the recovery process.

Women and men share their personal experiences of childhood abuse and walk with the reader along the path toward wellness. They reflect each stage of healing with a clarity that, while often painful, is also hopeful.

Addressing various aspects of abuse, including ritualistic abuse, multiple personality disorder, and partnering as well as providing a therapist's insights on the stages of healing, *Triumph Over Darkness* helps readers to understand recovery as a predictable process and see that healing is possible.

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