



# Mending the Soul Workbook for Men and Women - 2nd Edition (2015)

*Celestia G. Tracy*

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## **Mending the Soul Workbook for Men and Women - 2nd Edition (2015)** Celestia G. Tracy

Mending the Soul Workbook for Men and Women, second edition, incorporates subtle but important changes reflected in the new research that has emerged in the field of trauma and recovery, and integrates this research with the voices of survivors, original art, and a theology of healing and forgiveness. This transformational workbook is an interactive tool to be used as a companion resource to the book, "Mending the Soul: Understanding and Healing Abuse," and is being utilized effectively in individual healing, one-on-one counseling, and in small group settings. It provides a path to recovery and wholeness for those isolated by the effects of abuse and neglect, promoting healing within safe and nurturing relationships. Expressive art, contemplative meditations on Christ, and interactive exercises deepen one's intimate connection with God and others, promoting both individual healing and guiding advocates in the compassion and holistic care of others. Men and women alike will find their own redemptive story to tell - informing their ministry to others.

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