

# Healing Your Sexual Self

Woititz, Janet G.

Note: This is not the actual book cover

# Healing Your Sexual Self

**Adele Gruber**



## **Healing Your Sexual Self:**

*Healing Your Sexual Self* Janet Geringer Woititz, 1989 This book talks to the millions of men and women their partners and concerned loved ones who are blocked from healthy relationships because of things that happened to them in their childhoods

**Heal Your Sacred Sexual Self** Adam Loya, Dawnee Loya, 2013-11-19 Are you afraid of sexual pleasure suffering from low libido sexually abused addicted to porn emotionally oppressed a rape survivor recovering from being prostituted Are you ready to dynamically transform your Sacred Sexual Self Are you motivated to learn communication skills which honor and respect your intimate self Are you willing to balance your yin with your yang to maximize your sexual health and well being Your Sacred Sexual Self deserves and desires your loving approval acceptance attention and creative expression Here is the antidote spiritually for sexual dis ease enhancing your true self your love and your wholeness Adam and Dawnee Loya offer affirmations prayers creative visualizations meditations sexercises and blissful food to heal your Sacred Sexual Self These teachings come from Tantric Taoist and Toltec traditions for the most part as well as Tibetan Buddhism We are inspired by all spiritual teachings which teach love and honoring of Goddess with God creating balance

**Finding and Revealing Your Sexual Self** Libby Bennett, Ginger Holczer, 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and Sexercises designed to enhance the information in each chapter The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations Special Sexual Healing sections are dispersed throughout containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy Finding and Revealing Your Sexual Self helps readers to become sexually self aware and able to share this awareness with their partner while providing the tools to discuss sex with professionals if necessary

**Reclaim Your Sexuality** Cathy Chapman, Sexuality is integral to who you are and when someone damages that it damages your energy field In this book we will work at strengthening and healing your energy field so that you become comfortable with how you choose to express your sexuality We will show you how to dismantle the energies of non acceptance for who you are because of who you choose to love or your confusion about the gender you feel internally versus what you display externally We will also discuss how your sexuality influences every part of your life how you sit how you stand and what you see when you look out your window The key is to accept how you are and how others are Lack of acceptance brings great shame especially when you re first discovering yourself as a sexual being No parts of your body are shameful That shame has been projected on to you by others In this book we will work specifically with areas related to gender identification sexual attraction sexual trauma and confusion related to sexuality foisted on you by others **HELP?!**

**I Can't Stop Having Sex : Self-Help Guide To Overcoming Hypersexuality** Kristina Jones, 2025-03-01 Hypersexuality is often misunderstood reduced to mere lack of self control when in reality it is often rooted in deep pain trauma and unhealed

wounds In **HELP I Can t Stop Having Sex Self Help Guide To Overcoming Hypersexuality** Kristina Jones takes readers on a transformative journey one that goes beyond surface level solutions and dives into the heart of the issue Through a mix of personal testimony faith based wisdom and practical strategies this book provides a roadmap for anyone struggling with hypersexuality Kristina shares her own story from childhood trauma to early substance use promiscuity and years of battling temptation even while actively involved in church She sheds light on the hidden pain driving hypersexual urges and offers real tangible steps to break free from the cycle Each chapter is designed to help readers Identify the emotional and psychological roots of hypersexuality Recognize triggers and develop healthy coping mechanisms Reframe self worth through faith and healing practices Build accountability and create lasting change Whether you re personally struggling supporting a loved one or seeking to understand this issue on a deeper level **HELP I Can t Stop Having Sex** offers hope encouragement and a path forward Healing is possible and this book will help you take the first step

**Summary of Wendy Maltz's The Sexual Healing Journey** Everest Media,2022-05-10T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 When Sally and Jim began counseling they were surprised to find that their lack of sexual interest in each other was caused by the molestation Sally had suffered years before 2 Sexual concerns are difficult to face They are personal and embarrassing When we have a sexual problem we may try to deny it or hope it will just go away on its own We may fear that admitting our problems will cause others to reject us or think less of us 3 The sexes can be very difficult for survivors to navigate They may have unusual reactions to routine situations and they may be shocked at their unconscious reactions to touch and sex 4 The survivor may realize their sexual behavior is inappropriate They may become frustrated by their sexual behavior as it may seem irrational and upsetting But they must remember that awareness brings motivation to change

Adult Children of Alcoholics Janet G. Woititz,2010-01-01 In the 1980 s Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic In this updated edition of her bestseller she re examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics After decades of working with ACoAs she shares the recovery hints that she has found to work Read **Adult Children of Alcoholics** to see where the journey began and for ideas on where to go from here

**Healing Sex** Staci Haines,2010-02 Healing Sex is the encouraging sex positive guide for all women survivors of sexual assault heterosexual bisexual lesbian coupled and single who want to delight in their own sexuality While most books on the topic broach sexuality to reassure women that it s all right to say no to unwanted sex Healing Sex encourages women to learn

**Surviving and Moving On** Kim McGregor,2014-01-21 This book is essential reading for any survivor of child sexual abuse female or male Many survivors of sexual abuse have not always been believed or supported through their developmental years They have had to cope on their own dealing with the aftermath of the abuse in whatever ways they could This book offers ideas and techniques for understanding and healing which adult survivors in particular may find useful It tends to be written with

women in mind but much of the information and many of the exercises may be useful for male survivors as well This book will also be useful for the partners families and friends giving support and encouragement to survivors who are healing themselves from the effects of abuse Many survivors want those around them to understand what they've survived and its effects on their life Part 1 provides information about child sexual abuse what it is why children remain silent about it some of the effects abuse can have on a survivor's life and how these can be minimised and who the offenders are Part 2 is for survivors helping them to understand and to cope with their unique experience of child sexual abuse Part 3 is specifically for supporters and caregivers of survivors      The HEALING CHOICE Dana Dovitch, Candace De puy, 2013-06-11 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 The Healing Choice 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      **Patchwork** Mary Jo Doig, 2025-07-30 A wife and mother

of a grown son and two teen daughters a woman enjoying her career and life Mary Jo Doig wants nothing more from life than to live out her days embraced by the deep roots of family friends and her community Tightly wrapped in a life long protective cocoon she has no idea how wounded she is until on one starless night following the death of a relative she has a flashback that opens a dark passageway back to her childhood and the horrific secrets buried deep inside her psyche Part mystery and part inspirational memoir Patchwork is the riveting story of one woman who strived to live a life full of love only to endure tragedies with two of her children and struggles in her marriages the consequences of a mysterious life long behavior unnoticed by her family or teachers Like a needle stitching together a quilt the memories Mary Jo recovers following her first flashback show her why her early years were threaded with a need to be invisible as well as core beliefs that she was stupid not good enough and vastly different from her peers Shattered by these revelations overcome by depression hopelessness

and a loss of trust in others Mary Jo embarks on a healing journey through the underground of her life that ultimately leads to transformation

**Sex on Saturday Night** Patricia Hayes Smith, 2022-11-16 Relationships always begin with high vitality the vroom vroom of attraction and intimacy But often that vroom vroom subsides societal expectations persist life events happen and partners are left wondering where the intimacy went and why their relationship seems so unfulfilling Patricia Hayes Smith in her book *Sex on Saturday Night The Art of Intimacy* tackles this issue by looking at how behavior contributes to the vitality of a relationship and how partners interact She delves into why partners behave the way they do moreover why YOU behave the way to do Is your partner full of Warrior or Wildman archetypal energy Are you in your mental Achieving Self and suppressing your Loving Self Are you in love with being in love What distractions has your partner created to avoid intimacy Is your partner in male energy today Learn about all these aspects of Self and what those aspects mean to a relationship In *Sex on Saturday Night The Art of Intimacy* learn what steps you can take to understand yourself remove thoughts and feelings that are at the root of dysfunction and thus revitalize your relationship In addition you are given doable suggestions on how to maintain a healthy and vital relationship A must read if you are ready to put the intimacy back into your relationship

**Sexual Intelligence: The Science of Desire, Communication, and Pleasure** Zoe Mathews, *Sexual Intelligence The Science of Desire Communication and Pleasure* is your essential guide to unlocking a more fulfilling confident and connected sex life Blending the latest research in neuroscience psychology and relationship science with honest practical advice this book demystifies the complexities of human sexuality From understanding your own desires to communicating with clarity and building deeper intimacy *Sexual Intelligence* empowers you with the tools to create more satisfying joyful sexual experiences whether you re single coupled or somewhere in between Thoughtful inclusive and refreshingly real this is sexual education for adults who want to get smart about sex

**Surviving Child Sexual Abuse** Liz Hall, Siobhan Lloyd, 2003-12-16 *Surviving Child Sexual Abuse* is a handbook for survivors and their helpers It examines what sexual abuse entails for a child and why it happens Personal and professional issues for helpers are addressed and the long term effects of sexual abuse are examined The strengths of survivors are acknowledged together with the supportive alliances they have formed with partners helpers and friends The theme of disclosure is examined in depth and the main themes in therapeutic work with survivors are discussed and methods are described which can be used in such therapeutic work This highly successful book ends with an evaluation of the issues involved in training helpers for working with survivors The book is aimed at therapists including social workers counsellors in public organizations and private practice clinical psychologists psychiatrists nurses health visitors general practitioners police and psychotherapists

**Sacred Seduction** Ember Winters, 2024-04-27 Delve into the ancient art of Sex Magick with *Sacred Seduction* by Ember Winters a captivating guide to unlocking desires and manifesting change Explore rituals spells and techniques to harness sexual energy for manifestation Learn the history principles and practices of Sex Magick and awaken divine energies within With practical

insights and enchanting storytelling Ember Winters empowers readers to embrace sensuality and transform their lives Dive into Sacred Seduction and embark on a journey of empowerment and magickal transformation Note Contains mature themes Reader discretion advised Grab your copy now

**Is It Love Or Is It Sex?** Carla Wills-Brandon,2011-08-31 With the help of this book Carla Wills Brandon assists us in examining why we may be experiencing difficulty in our primary love relationship Problems of sex intimacy communication loneliness and frustration can be resolved Relationships do not have to fail and intimacy is possible Love can blossom again

*Towards a Soulful Sexuality* Adele Gruber,2011-02-14 This book is called Towards a Soulful Sexuality because it is an initial step in the direction of a destination towards which I believe we should journey This is a renewed consciousness of a feminine sexual holiness rmly grounded in our bodies and our psyches that should apply throughout a women s life even and most especially in the post menopausal years

**Dealing with A Narcissistic Personality: A Guide to Surviving A Narcissistic Relationship** Steve Nico Williams,2022-11-03 Are you struggling to understand the complex and often destructive dynamics of a relationship with someone who exhibits narcissistic personality traits Whether it s a partner boss friend or family member dealing with narcissistic behavior can leave you feeling confused manipulated and emotionally drained This comprehensive guide dives deep into the world of Narcissistic Personality Disorder NPD offering clarity on how to identify the signs of a narcissist recognize toxic relationship patterns and take actionable steps toward reclaiming your life From learning about gaslighting in relationships to understanding the effects of narcissistic abuse on your mental health this book provides practical tools for coping with emotional turmoil Discover the red flags that signal you re in a toxic dynamic explore strategies for setting boundaries with a narcissist and find out why leaving such relationships is so challenging but absolutely possible For those grappling with depression after narcissistic breakup or seeking ways to heal from years of manipulation this guide outlines the stages of healing and offers advice on improving your quality of life It also addresses workplace scenarios helping you navigate narcissistic bosses and colleagues while protecting your well being Packed with insights on topics like healthy vs unhealthy narcissism narcissistic apologies and different types of narcissism this resource empowers readers to break free from cycles of control and rebuild their sense of self worth You ll also learn how to support friends trapped in toxic relationships and access valuable resources for narcissistic abuse recovery Whether you re looking to recognize gaslighting behaviors overcome codependency with a narcissist or simply better understand the impact of narcissism on mental health this book serves as your roadmap to healing and empowerment

[Healing with the Arts](#) Michael Samuels,Mike Samuels,Mary Rockwood Lane,2013-11-05 Have you ever painted a mural with your neighbors to renew your community Sang a song to uplift your mood Danced with your children to bring the family together Each of these acts has the power to heal your body and your community Through art projects including visual arts dance writing and music along with spiritual practices and guided imagery Healing with the Arts gives readers the tools to heal physical mental emotional and spiritual ailments Acclaimed by hospitals and caretakers

from around the world Healing with the Arts brings a proven twelve week program out of the medical community and into your home and neighborhood Internationally known leaders in the Arts in Medicine movement authors Michael Samuels MD and Mary Rockwood Lane RN PhD use creativity and self expression to pave a path to healing Whether improving your personal health or the health of your community join the thousands of people who have already awoken their innate healing ability through art

**Healing with the Arts (embedded videos)** Michael Samuels, Mary Rockwood Lane, 2013-11-05 Heal yourself and your community with this proven 12 week program that uses the arts to awaken your innate healing abilities Acclaimed by hospitals and caretakers from around the world Healing with the Arts brings a tried and true program out of the medical field and into your home and neighborhood Improve your physical mental emotional and spiritual health in just 12 weeks Whether you are ill suffering from emotional trauma or looking to unite your community the arts become the conduit to restore your wellness and thrive in life Dr Michael Samuels and Dr Mary Rockwood Lane created and developed this unique and powerful process to help anyone heal Through innovative art projects from the visual arts movement and dance writing and music along with spiritual practices and guided imagery readers learn to get in touch with their inner muse and inner healer Based on years of research and experience in the medical community Healing with the Arts sets the stage for a more meaningful and healthier existence



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