



Journey to Heal: Seven Essential Steps of Recovery for Survivors of Childhood Sexual Abuse

Crystal Sutherland

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A path of hope and healing for adult survivors of childhood sexual abuse

A 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, this book 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 understands. Infused with biblical truths, stories of hope from other survivors, and practical wisdom, this book leads women to discover the life of wholeness God has for them.

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