

Faith-Based Options

- ***Safe People*** by Dr. Henry Cloud and Dr. John Townsend
- ***Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse*** by Dr. Dan B. Allender
- ***Mending the Soul: Understanding and Healing Abuse*** by Steven R. Tracy
- ***Boundaries: When to Say Yes and How to Say No to Take Control of Your Life*** by Dr. Henry Cloud and Dr. John Townsend
- ***The Soul of Shame*** by Curt Thompson, M.D.
- ***Praying God's Word: Breaking Free from Spiritual Strongholds*** by Beth Moore
- ***Changes That Heal: How to Understand Your Past to Ensure a Healthier Future*** by Dr. Henry Cloud