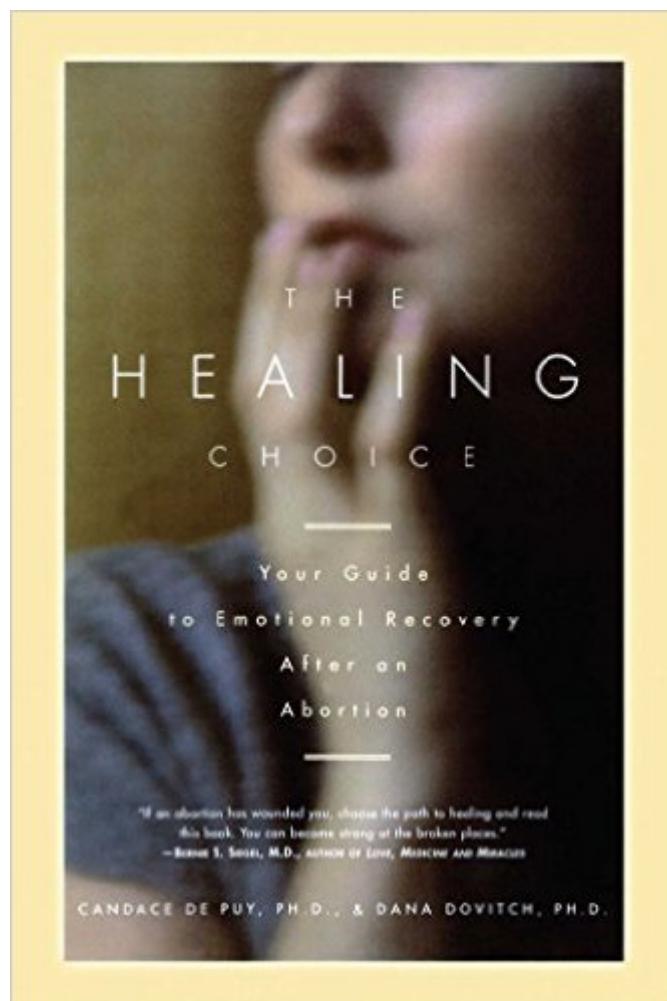


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The HEALING CHOICE



Synopsis

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 women who feels psychological pain from her abortion |this is not a book about judgment, politics, or religion. • “from the authorsâ™ introductionFew 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. > 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.

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Customer Reviews

I found this book to be very limited in scope. Knowing first hand what the experience is like, it is and will be different for everyone. This book is based on 40 women and 53 questions...hardly a wide range of data when by the age forty-five 1 out of every 2.5 women will have an abortion. I do not agree with a lot of what this book has to say. EVERY woman's experience will be different and sometimes the decision made turns out to be the wrong one. This book does not take that into account nor do I feel that it really goes into the depths of the pain that can be felt having to go through such an experience. This book almost makes having an abortion as black and white as most of society has made it. It is not an easy decision, it is one of the hardest that I think anyone could ever have to face. It goes well beyond having a child or not having a child. Finally, my largest complaint about this book is that it dismisses those women who do suffer severe emotional distress afterwards by saying that they were more than likely "unstable prior to their pregnancy"(introduction). That is absolutely absurd. This is such a far reaching decision, why is having "severe emotional trauma following the procedure" any less viable than not suffering severely? Not all terminated pregnancies are unwanted (as the book refers to the terminated pregnancies over and over again) sometimes they are just unplanned and sometimes there are just too many pressures from the outside world. I turned to this book in hopes of coming to terms with my own decisions, one I have regretted ever since but this book does not take people like me into account. More needs to be said and done for women who go through this. More needs to be done to help them afterwards.

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