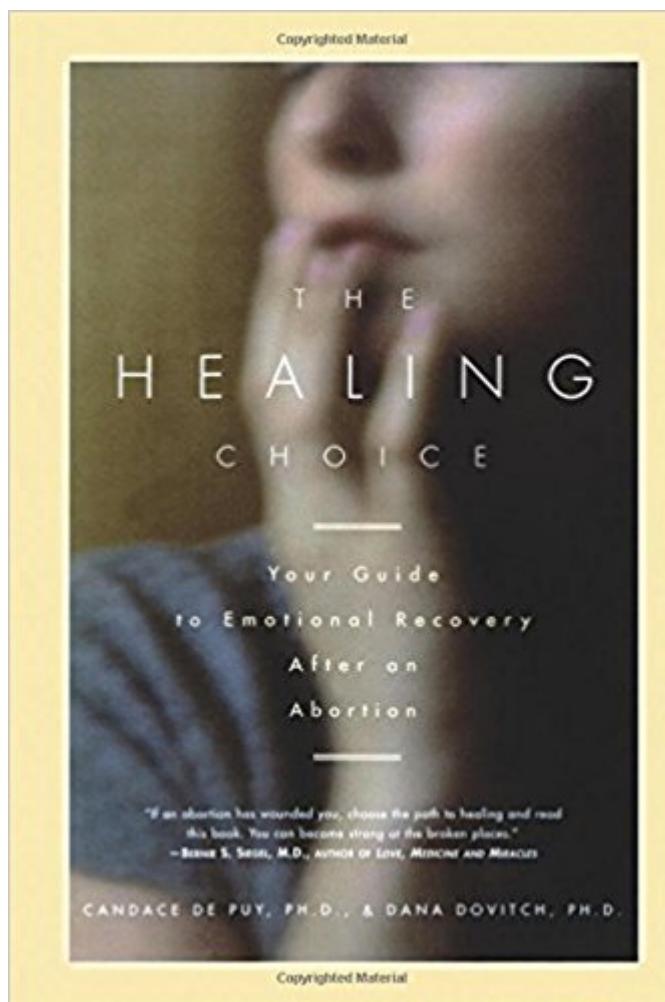


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# The Healing Choice: Your Guide To Emotional Recovery After An Abortion



## 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.

## Book Information

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## Customer Reviews

Los Angeles-based psychotherapists DePuy and Dovitch provide much-needed guidance for those dealing with posttraumatic stress disorder after abortion--an emotional wound often felt years afterward. Richly accompanied by sidebars quoting from Maya Angelou, Marilyn Monroe, Ayn Rand, Lily Tomlin, Margaret Sanger, and other notables, their text initially addresses the reality of pregnancy and the myths surrounding motherhood and then details the procedure of abortion from clinical as well as emotional standpoints. The second section examines the aftermath of abortion, giving special emphasis to feelings of guilt and anger and to seeking forgiveness. Acceptance is the focus of the third and final part, with DePuy and Dovitch discussing the slow and ongoing process of transformation and healing. Throughout, the book features exercises designed to help women conflicted over having had abortions reclaim their bodies and achieve a state of peace. Whitney Scott

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. 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 the 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.

With "The Healing Choice," Candace De Puy and Dana Dovitch have made a much needed and extremely important contribution to the fields of psychology and women's health. I recently re-read this book in preparation for working with a young woman who was struggling to heal from the emotional impact of having an abortion under traumatic circumstances. It was incredibly helpful, both to me and to the patient, herself. Besides providing solid information, the personal stories and insights of a wide range of women, and numerous exercises that deal with specific issues along the path to recovery, this book is full of compassion. And it is just as relevant today as it was when it was first published.

I bought this for a family member who was experiencing long term guilt after having an abortion at a young age. I read it first to make sure it was not about condemnation and forgiveness. This book give a human rather than a religious perspective of abortion. It helped me to understand what my relative was going through and she seemed to let go of the guilt after reading this book.

daughter likes it. was helpful

Excellent!

Very helpful

Any woman dealing with pre or post abortion must get this book. It is psychologically written with many self reflective questions. I feel it is a self help book for healing without any religious doctrinarian. HIGHLY recommend it!!!

Free at last, free at last... from the pain and emotional turmoil that having an abortion has put me through. Thanks to this book, psychotherapy, and afterabortion.com, I have been able to heal. Contrary to other reviews "getting over" an abortion is not as easy as you think. If you need this book, it means that you are human and REAL with real feelings, regrets, or dissapointments. This book guides you through exercises that lead to emotional recovery and restructuring that therapy alone could not do. A \*\*\*MUST HAVE\*\*\* for anyone who has had an abortion!

Great. Thank you.

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