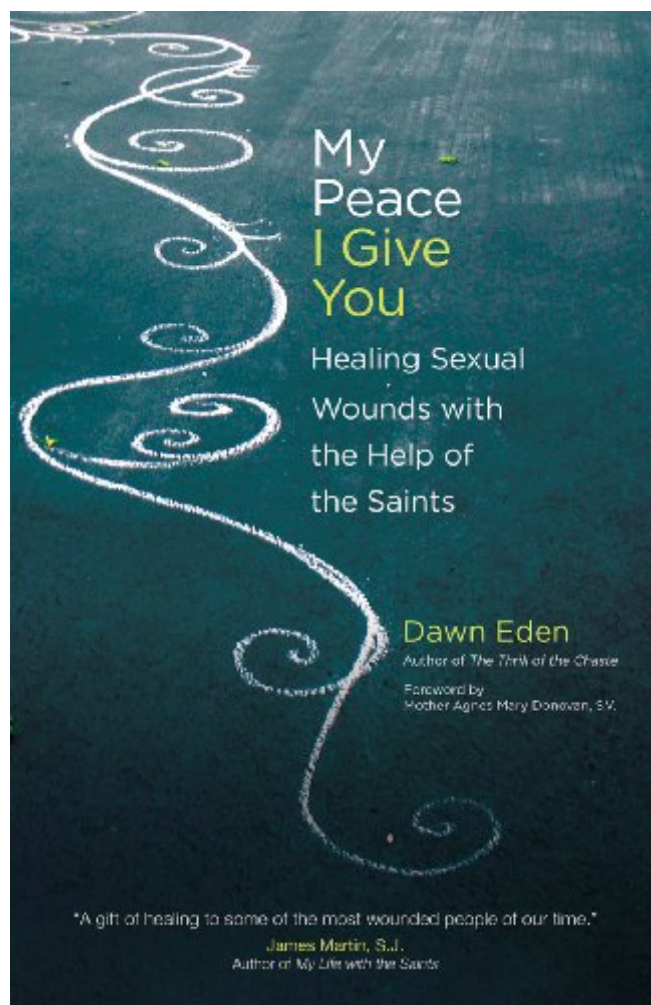


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# My Peace I Give You: Healing Sexual Wounds With The Help Of The Saints



## Synopsis

Dawn Eden, internationally known speaker and author of the bestselling *The Thrill of the Chaste*, shows how the lives of the saints have given her hope and aided her journey of spiritual healing after childhood sexual abuse. One in four American women and one in six American men report having been sexually abused during childhood and *My Peace I Give You: Healing Sexual Wounds with the Help of the Saints* provides a much-needed resource for spiritual healing from the isolating effects of these wounds. Eden uses her own story as a backdrop to introduce numerous holy people—like Laura Vicuña, Thomas Aquinas and Bernard of Clairvaux—who suffered sexual abuse or sexual inappropriateness, as well as saints such as Ignatius of Loyola who suffered other forms of mistreatment and abandonment. Readers seeking wholeness will discover saints with wounds like their own, whose stories bear witness to the transforming power of grace. Eden explores different dimensions of divine love—sheltering, compassionate, purifying, etc.—to help those sexually wounded in childhood understand their identity in the abiding love of Christ.

## Book Information

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## Customer Reviews

This book is the first of its kind. For too long have the 'experts' in psychology tried to categorize, define, redefine, and propagate their opinions on the lives of victims of childhood sexual abuse, the pain they undergo, the resulting behaviors. I am thankful for the perspectives found in this book, it is a real breath of fresh air. There is enough literature out there to tell the world of the results of childhood sexual abuse, but hardly is there anything that helps the victims to not only find hope in being healed of their past, but this book also empowers the victims like never before to rediscover their true identity as children of God.

This work is excellent in content, tone, gentleness in delivery, truthful in the struggle. I have read many works on this horrific subject, and I can say that I have never encountered an author who is as tactfully revealing without being either derogatory toward the perpetrator(s) nor glossing over the incident(s) as Dawn Eden. I have recommended this book to many others, have purchased it for several priests (as they encounter this wound all too often in the Sacrament of Confession and in counseling), have given it to a couple of trauma therapists. This one and her brand new one Remembering God's Mercy are excellent guides to healing, recovery, deliverance and becoming all God created you to be. I used to be afraid of others seeing how broken I was - like a cast off. Due to His Fatherly Grace and Gentle Faithful Love, God has healed me, is healing me, and will continue to heal me. He can take all our broken bits of life, transforming all wounds into a more beautifully colorful radiant Masterpiece than it would have been ... Hope in His Love. Have Faith in His Merciful Gaze and Devotion to you where you are, and His Peace will become Home.

As a cradle Catholic I have always been interested in stories from the lives of the saints. They have much to teach us and so much of it is timeless. When I started reading, "My Peace I Give You", I could not put it down. When I had to put it down, I couldn't wait to get back to it. I was not wounded in anyway, yet I found the book useful in several ways: 1) It helped me to empathize with those who are wounded and to have even greater compassion than I had before. I found myself reflecting back on my own childhood and the environment I was blessed to have through my parents, friends and relatives. When one grows up in such an environment it can be difficult to understand the spiritual and emotional challenges those who were abused can face. A book cannot possibly give me a complete understanding, but it has given me some helpful awareness and sensitivity. 2) While I am

not a parent, I couldn't help thinking like a parent and how I might protect my child from things that may not seem so harmful. In our sex-saturated society, young children can be scarred through exposure to things we may not think about. Dawn's book heightened my awareness.<sup>3</sup>) Even though Dawn discusses her own wounds, her discussion of them is veiled. She reveals no more than is necessary to make a particular point and to help the reader see that she is speaking from personal experience. The book is not dominated by Dawn's personal story. Rather, her discussion about the saints is dominant. Anyone thinking that they would get depressed reading this book, or thinking it is just another story about someone abused, would be mistaken.<sup>4</sup>) I found the book lifting me up through other sufferings I deal with that are not of a sexual nature. Colossians 1:24 introduces us to the concept of redemptive suffering. For those who are not wounded, and are wondering if they should get this book, I would say this is a key reason to read it. Let the saints teach you how to deal with suffering of any kind. Moreover, Dawn has found some very interesting and inspiring stories about certain saints and blessed, including some who are more obscure. There is a great deal of ethnic and racial diversity among Dawn's choices.<sup>5</sup>) For priests - especially those who serve as spiritual directors and confessors - this book is a must-read. Once you read it, you may want to stock some for those souls in great need of such a book. I myself have been giving copies away, mainly to clerics. In fact, I would encourage people to get a copy for the priests in their parish and for their bishop. If they have more than one copy, they can give it to others.<sup>6</sup>) I believe "My Peace I Give You" is something dioceses should be taking a closer look at. I seriously doubt there is anything out there like it for those who have suffered childhood sexual abuse.<sup>7</sup>) I know people who were abused and have already been able to recommend this book to them. Having read the book, I'll know when to recommend it to others in the future. Get this book and, after reading it, get a copy or two to pass along.

Dawn Eden has produced another remarkable work of insight that I believe will be a touchstone in therapeutic recovery from sexual and other forms of abuse. Her remarks concerning St Ignatius -- that God can receive one's painful or shameful memories as a sacrifice, for God in his mercy to enfold and redeem -- are so useful to me, not as one suffering from sexual abuse, but one with anger at those who have hurt and angered me; and help perhaps give me a new path out of my resentment into forgiveness, and perhaps, if not reconciliation, peace. This work will be an essential tool in counseling as "Co-Dependent No More" was a ground-breaking tool for those counseling the loved ones of those with addiction. I believe it will be crucially useful as well to those suffering from PTSD; again providing an avenue of redemption through contemplation of the lives of the saints and

through asking for their intervention. Though the concept of enlisting the help of the saints is an alien one for those who are not Catholic or Orthodox, I still believe this book is worthy reading for Protestants who are looking for help in this area; and this book might help introduce them to the Catholic idea of the Communion of the Saints. Well worth the read. May God Bless Dawn's work.

As a psychiatrist and a Catholic who has treated many individuals who carry painful wounds of sexual trauma, I was most pleased with Dawn Eden's superb treatment of this difficult subject. She writes with exquisite sensitivity and clarity. From her own personal experience, Eden speaks directly to the reader's mind and the heart with insights and advice that both elucidates the nature of the problem and provides means of psychological and spiritual healing. The book fills a completely unique niche; I have encountered nothing quite like it in any spiritual or psychological literature. One of the great merits of the book is to present both familiar and unfamiliar Catholic saints as they really were -- people of flesh and blood with their own frailties and wounds, who struggled just as we do, and with the help of God's grace, found healing and hope. I have given many copies of this book to patients who have found it very helpful. Warmly recommended.

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