



# The Art of Healing from Sexual Trauma: Tending Body and Soul through Creativity, Nature, and Intuition

*Naomi Ardea*

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## **The Art of Healing from Sexual Trauma: Tending Body and Soul through Creativity, Nature, and Intuition** Naomi Ardea

Much remains hidden as survivors of sexual trauma do the hard work of healing. Naomi Ardea courageously offers a rare, in-depth view into the inner world of a victim finding her way to regain peace and wholeness. *The Art of Healing from Sexual Trauma* holds Ardea's soulful paintings, soothing photographs, and authentic, compassionate words. Within this memoir of healing moments, Ardea weaves insightful reflections on common trauma healing patterns as well as a practical, nurturing self-care guide for other survivors.

Survivors will find comfort, understanding, and inspiration as they create their own healing path:

- Tools for befriending body and soul through creative expression and body-oriented therapies
- Book layout that is sensitive to survivors with PTSD
- A view of what triggers, dissociation, and violated boundaries look like within one survivor's life and body
- Ideas for bringing simple, low-cost self-care into more moments of the day
- Ways to cultivate inner awareness and intuition as essential healing allies
- Open journaling spaces to strengthen the reader's inner voice
- Tips for choosing conventional and alternative therapies that are trauma-informed
- Visual medicine that offers reflections of the pain and hope of a survivor's journey

Not just for survivors, *The Art of Healing from Sexual Trauma* benefits and informs loved ones, therapists, and others.

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professional understand the condition of the world. The health of the world makes the information better to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The book that recommended for you is The Art of Healing from Sexual Trauma: Tending Body and Soul through Creativity, Nature, and Intuition this guide consist a lot of the information in the condition of this world now. That book was represented how does the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The particular writer made some analysis when he makes this book. That's why this book appropriate all of you.

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