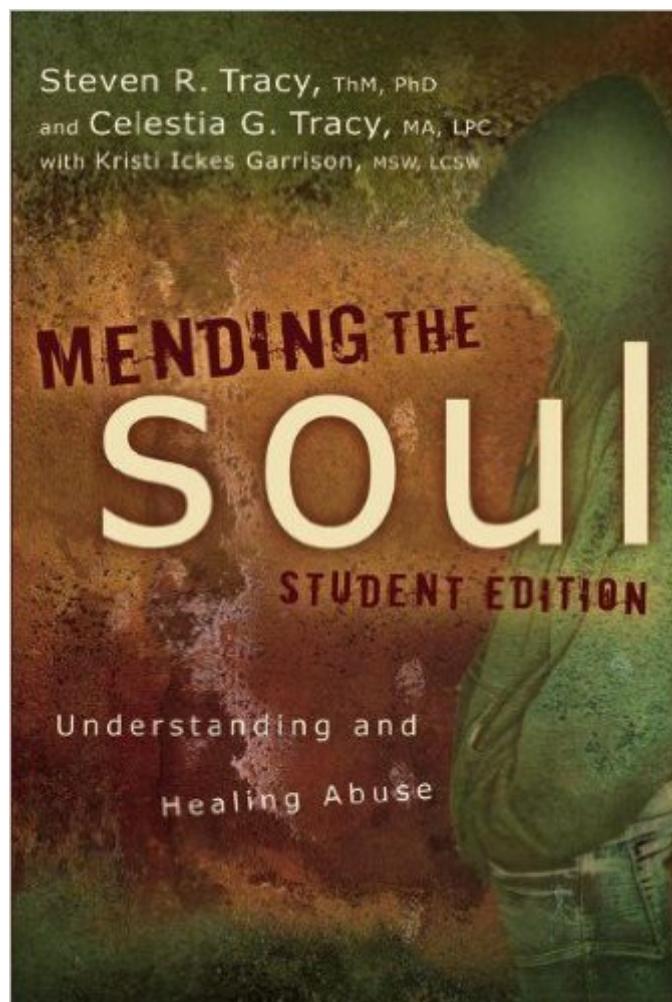


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# Mending The Soul Student Edition: Understanding And Healing Abuse



## **Synopsis**

For teenagers who have experienced any kind of abuse or abandonment, it can often feel like hope is lost and they're doomed to stay stuck in unhealthy habits and patterns. This teenage edition of Mending the Soul was written to show teens that by following a path of restoration and allowing God's grace to touch their heart's deepest wounds, they will find hope and healing as they work through their pain. It will help them navigate the emotional trauma of abuse and abandonment, as well as recognize signs of unhealthy families and dating relationships. Armed with a better understanding of their past and how the effects of abuse can lead to risky behaviors, shame, trauma and isolation, teens will be encouraged to face their brokenness, to heal and forgive and to look toward their hope-filled future. A practical resource for teens, Mending the Soul, Student Edition also offers insight into the struggles parents and ministry leaders face when working with teenage victims of abuse.

## **Book Information**

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## **Customer Reviews**

I could write a novel about this book, but I'll try to keep it brief. The reader of this review should know up front that I'm biased; I know the author and his wife well, and have served with them in their ministry. I greatly respect them both, and so my opinion of this book is in no small part shaped by my affection and respect for its author. Dr. Tracy spends a great deal of the book showing hard research on the devastating effects of abuse. So many churchy people want to act like abuse can't happen in the church; Dr. Tracy was in the same boat until he found out that a fellow pastor in his church was beating his wife. Also, each chapter is prefaced with a real-life personal story that

illustrates the point that the chapter is making. Chapter topics include ideas like (ungodly) shame, denial, emotional deadness, and many of the other common results of abuse. Practical issues like forgiveness and reconciliation are covered, but with much more care than most theologians exercise. For instance, when Luke 17:3 says, "If your brother sins against you rebuke him. If he repents, forgive him," doesn't that imply conditional forgiveness? Dr. Tracy parses this as "relational forgiveness," akin to reconciliation. That is, biblically, we aren't required to enter again into a close relationship with someone who hasn't turned from their abusive ways. How many times have you ever heard this? Rarely have I, but it's right there in the Bible. A different sort of forgiveness, according to Dr. Tracy, is unconditional, and that is simply giving up one's desire for vengeance against the abuser.

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