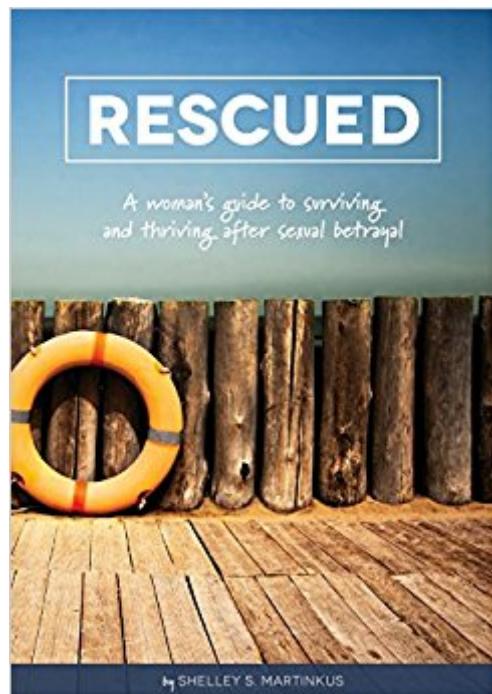


The book was found

## Rescued



## Synopsis

Rescued. It's what every wife yearns for in the aftermath of sexual betrayal. In the beginning we may simply hope to survive, but in the long run we have the opportunity to thrive. In this workbook, Shelley will guide you through many of the important pieces of the recovery process. In practical terms, this comprehensive workbook discusses: 

- the difference between a sexual integrity issue and a sexual addiction
- practicing self-care throughout this journey
- working through triggers using the Five-Step Process and identifying your needs related to triggers
- an in-depth look at the process of forgiveness
- creating the right environment in your heart as your husband works to earn your trust back
- working through insecurity
- being better because of it

all Shelley offers hope, healing and freedom for every woman that is barely keeping her head above water. Shelley Martinkus is a wife to Jason, and mom to three little boys. She is passionate about helping women that share a similar story to hers through writing, speaking and facilitating support groups. She also loves running, reading, playing outside with her boys, and cuddling and conversing with Jason.

## Book Information

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## Customer Reviews

Excellent

Amazing!!!Just what I needed!!

I purchased from life way. This book is amazing. During times of uncertainty she gives clear

answers to the many thoughts that go through our heads. Clear boundaries and how to carry them out. Good information on the healing process and about our triggers with clear answers and direction on how to deal with it. She asks good questions to get you thinking. Highly recommend.

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