



# **Wounded Boys Heroic Men: A Man's Guide to Recovering from Child Abuse**

*Daniel Jay Sonkin*

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# Wounded Boys Heroic Men: A Man's Guide to Recovering from Child Abuse

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*Wounded Boys Heroic Men* is a workbook for transformation. Specifically written for and about men. This is the first book to address their issues of physical, sexual, and psychological abuse. Dr. Daniel Sonkin carefully prepares a road map for the recovery process, including insightful stories of real survivors, as well as direction and reassurance.

More important, this unique book provides hope, relief, and comfort for millions of victims too proud to explore their suffering. Carefully analyzing the feelings, attitudes, and behaviors of abused men. Dr. Sonkin teaches methods that break the vicious cycle of violence, make peace with the abuser, and in return find peace within.

Comprehensive and enlightening, *Wounded Boys Heroic Men* is also a guide to help partners, friends, and family members better understand the struggles these men face, so that they can support the healing journey. Dr. Sonkin's message is simple: With help, healing is possible.

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