

# Book & Video Recommendations

FOR ADULT SURVIVORS

*These books and videos have all been read, reviewed, and discussed by advocates on our team. We hope they can provide helpful perspectives for various aspects of the healing process.*



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*If you have ideas for this list or recommendations you would like us to consider, please email [advocate@wichitasac.com](mailto:advocate@wichitasac.com)*



# Books

## **Beginning to Heal by Ellen Bass and Laura Davis**

"Beginning to Heal" is a short and concise guide to starting the healing process as a survivor of sexual assault. The book goes through many common stages of healing such as remembering, breaking the silence, grief, anger, resolution and moving forward. This book can be a great reminder that you are not alone.

## **The Gifts of Imperfection by Brené Brown**

An inspiring book, Brown teaches ways for readers to embrace the parts of themselves that make them feel guilty and shameful and how to use authenticity and vulnerability to drive connection.

## **The Choice by Dr. Eva Eger**

As a teenager in 1944, Dr. Edith Eva Eger was sent to Auschwitz where she endured and survived the horrors of the concentration camps and extermination centers until their liberation in 1945. Eger spent many years suffering from flashbacks and survivor's guilt fueled by the need to remain silent and hide from her past. Thirty-five years after the war ended she returned to Auschwitz and was able to forgive herself. This book is part memoir and part instruction on healing trauma. Dr. Edith shows us we can let our painful pasts destroy us or use them to help ourselves and others heal.

## **It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion by Beverly Engel**

"It Wasn't Your Fault" is written for survivors who experience shame, self-criticism and self-doubt that may leave them feeling "damaged," "unlovable," "or never enough." This book offers step-by-step practical exercises that help you learn how to cultivate understanding, acceptance, encouragement and kindness towards yourself. "In order to begin healing, it's important for you to stop blaming yourself for the abuse—and for the ways you have reacted to it."

## **The Mindful Path to Self-Compassion by Dr. Christopher Germer**

In this book, Dr. Germer provides explanation of the science and practice of developing self-compassion and loving-kindness towards ourselves and others on the path to healing. The book is also full of exercises to cultivate self-compassion and additional resources to continue and grow the practice.



### **Healing Sex: A Mind Body Approach to Healing Sexual Trauma by Staci Haines**

This is a book for survivors of sexual trauma who are ready to reclaim their sexuality. Healing Sex is trauma-centered, sex-positive and focused on the mind and body connection regarding sexuality. Recommended for both adult sexual assault survivors and childhood sexual abuse survivors.

### **Shout by Laurie Halse Anderson**

A beautifully written, powerful memoir about trauma experienced by Anderson and giving voice to stories she has collected as an advocate for survivors of sexual assault. Shout validates the experiences of many survivors and demonstrates the importance of support within a survivor's healing journey.

### **Shame is an Ocean I Swim Across Poems by Mary Lambert**

The poetry of "Shame is an Ocean I Swim Across" is raw, introspective, and heartbreakingly honest. Mary Lambert shares some of the most intimate details of her experience as a queer woman and survivor of incest and sexual abuse as an adult.

### **The Dance of Deception by Harriet Lerner**

In "The Dance of Deception", psychologist Harriet Lerner explores deception in its many forms. Lerner provides a feminist, empowering perspective on secrets, privacy and truth-telling. This book is helpful for anyone who would like to understand the weight of deception and the role it plays in the lives of women.

### **Victims No Longer by Mike Lew**

"Victims No Longer" is a recovery guide for male survivors of incest and other sexual trauma. Along with helpful resources and practical advice, the book also includes supportive statements and personal narratives of male survivors.

### **Know My Name by Chanel Miller**

Before Chanel Miller's identity was made public, she was known as Emily Doe in the 2016 Stanford Case against Brock Turner. In this memoir, she claims her identity publicly for the first time. "Know My Name" is an honest and beautifully written account of her life and is a powerful testament to the impact of trauma.



# Videos & Podcasts

## **Rewind: A documentary**

<https://www.pbs.org/independentlens/films/rewind/>

Rewind is a dynamic depiction of a family's personal and generational sexual abuse experience. Through the lens of an amateur videographer, the story of trauma experienced by his son unfolds, revealing horrific truths about abuse by hands of his own brothers and the unraveling of abuse he buried from his youth. Although intense, this film delivers a message of hope and illustrates the necessity for advocacy for children nationwide. This documentary is appropriate for older teens and adults.

## **The Power of Vulnerability TED Talk by Brené Brown**

[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability?language=en](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en)

An essential video for those looking to gain a better understanding of how feelings of shame and guilt depreciate our feelings of worthiness and in turn affect our ability to connect with others.

## **Unlocking Us Podcast by Brené Brown**

Brené Brown is a researcher, author and professor. Her research centers around emotions, specifically shame, vulnerability and courage. Her podcast, which debuted in March 2020, contains conversations that are intended to unlock the deeply human part of who we are so that we can live, love, parent and lead with more courage and heart. Each episode is worth listening to, but for survivors, we especially recommend these episodes:

- Tarana Burke & Brené on *Being Heard & Seen*
- David Kessler & Brené on *Grief & Finding Meaning*
- Harriet Lerner & Brené on *I'm Sorry: How to Apologize & Why It Matters (2 Part Episode)*
- Dr. Marc Brackett & Brené on *Permission to Feel*