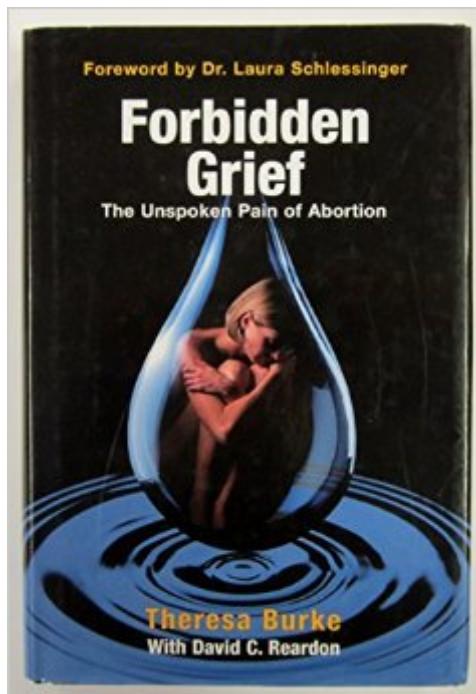


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# Forbidden Grief: The Unspoken Pain Of Abortion



## **Synopsis**

Dr. Burke exposes the obstacles in the way of post-abortion healing, reviews the full range and depth of post-abortion adjustment problems and how to resolve them.

## **Book Information**

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## **Customer Reviews**

I am a post-abortive woman, who after 36 years of silence and denial, is finally finding healing and peace from the nightmare of my 3 abortions. My journey started by seeing a small box ad for Rachel's Vineyard retreats and then investigating their web site - [...] It was there that I "met" Theresa Burke and ordered this wonderful book. It was this book's honesty and courage that gave me the courage to go to my retreat. Theresa Burke investigates and reveals the horrors that many post-abortion women suffer. She also offers hope for healing. This is a MUST read for anyone touched by abortion's nightmare. Thank you Theresa Burke.

Over ten years ago I had two abortions and this book was a real eye opener! I didn't understand, why I have felt such strong sadness and grief or had such overwhelming periods of anxiety and panic attacks at certain times or events throughout the year. This book was insightful and full of hope and healing. I see now that I wasn't "going mad" but just another victim of society's lie that abortions don't really affect you. I was touched and very moved by the stories of other women. It was very healing for me that I could really relate to their stories and that I did not feel alone in my pain.

Forbidden Grief takes on a huge, controversial topic - politically, spiritually and emotionally - and delicately reveals the need for compassion, understanding and non-judgement. Through the heart-wrenching testimonies of women (and men) who have been affected by the loss of a child, in particular by abortion, we learn that there are many layers of woundedness and brokenness which actually affects each person's life from the moment of termination onward. So much is a woman affected by her decision to abort her fetus that time and other life experiences reveal how all areas of her life are simultaneously aborted: Self-esteem, self-forgiveness, faith practices, other loves or relationships in her life, work, family, friends, and sometimes the will to live. Forbidden Grief does not make a judgement on the woman or man who participates in an abortion. Yet, through the therapeutic work of the authors, they have discovered that treating the person emotionally, spiritually, therapeutically and compassionately is the only way to healing what caused them to abort a child to begin with. The authors of Forbidden Grief have done a remarkable job in gathering testimonies and scientific and spiritual data so that those who are ignorant of the trauma of abortion, or any loss for that matter, can learn, gain compassion and possibly wisdom. A heart-wrenching yet awesome read.

Featuring a foreword by Dr. Laura Schlessinger (a.k.a. radio personality "Dr. Laura"), *Forbidden Grief: The Unspoken Pain Of Abortion* by Theresa Burke (psychotherapist and founder of post-abortion training and healing ministry Rachel's Vineyard) and with the assistance of David C. Reardon (post-abortion issues expert and Founding Director of the Elliot Institute) is a candid, powerful, and informative examination of the trauma of abortion, the dramatic negative impact it can have on women, and the grieving and recovery process women who have experienced abortion undergo. Written specifically to help women struggling with the pain of surviving an abortion, *Forbidden Grief* is highly recommended reading as an open, emotional, and serious work that seeks to help women heal from psychological and emotional post-abortion trauma.

This is an excellent book which reveals the truth about how abortion has affected the lives of women and men. There are many quotations, which speak to us from the heart of the post-abortive person and therefore cannot be ignored. Here we hear the words of those who have had abortions and have suffered grievously because of it. There is help and hope for these people, but first, as with everything, we must acknowledge that there is a problem. This is a book for anyone willing to "hear" the truth.

This is an incredible book. I couldn't put it down. Beautifully written and moving account of the depth of suffering that some (many?) women experience after abortion, written by a psychotherapist who appears from the many anecdotes to have had extensive experience working with post-abortive women. Some sections of this book are very intense! Maybe the most important part of "Forbidden Grief" are the stories of recovery, healing and joy. This should be very inspirational for those who suffer in this way.

As a post abortive person who has gone through the Rachel's Vineyard Retreat program -this book continues the healing journey! By revealing in depth things we cannot understand about ourselves all at once - It is accurate and compassionate , and so sad that so many of us need this help and take so long to find it - Thanks Theresa - FOr someone just learning about the painful affects of abortion it can only be helpful to realize they are not alone and how much that decision affects your whole life!

Theresa puts into words what I and millions of others have lived and are still living, even if we didn't/don't know it at the time. God bless her.I also resent the inappropriate recommendation above for \_Our Choices, Our Lives: Unapologetic Writings on Abortion. Like anyone is going to not see through the transparent attempt at politics. Women seeking Burke's book are looking for healing for their grief, and some insensitive person has to try to attack them for feeling that grief? Beneath contempt.To that person who made that pitiful "recommendation:" have you no shame? Do you feel like you're the better person because you tried to kick another woman when she's down by being so selfish about your own political/emotional opinion? No one's forcing you to read Burke's book. I'm certain you never read it anyway.

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(hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)  
Grief: Overcome The Loss of A Friend or Family Member - Death, Bereavement, Family Loss & Depression (Mourning, Pain Relief, Loss, Emotional Pain, Funeral, Sympathy, Hospice Care

Book 1) Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Unspoken Bond Miscarriage Mom: The Unspoken Realities of Miscarriage and How to Cope Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Life's Dominion: An Argument About Abortion, Euthanasia, and Individual Freedom Abortion: The Supreme Court Decisions, 1965-2007 Five Non Negotiables-The Catholic Church's Teaching on Abortion, Euthanasia, Embryonic Stem Cell Research, Human Cloning, and Same-Sex 'Marriage' Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss

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