



Life, Reinvented: A Guide to Healing from Sexual Trauma for Survivors and Loved Ones

Erin Carpenter

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Life, Reinvented brings both inspiration and practical tools to survivors of sexual assault or childhood sexual abuse and their friends, family members, and spouses. Combining recent research, years of clinical experience, and first-hand accounts of healing, Erin Carpenter offers a unique viewpoint on recovery from trauma. Life, Reinvented is a truly complete guide to healing. Beginning with the myths and facts about sexual trauma, Erin introduces common symptoms and describes what happens in the brain when trauma occurs. Erin explains in a novel way how trauma-related symptoms are actually signs of healing. Practical tools and easy strategies help survivors manage symptoms, find their strengths, and move toward recovery. Also included is crucial information and direction for loved ones of survivors. Friends, family members, and spouses will find support, validation, and tools to both help the survivor in their lives and recover from their own vicarious trauma. Accessible and beautifully written, Life, Reinvented is an important contribution to the literature about sexual trauma.

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