



Mending the Soul Student Edition: Understanding and Healing Abuse

Steven R. Tracy, Celestia G Tracy

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For teenagers who have experienced any kind of abuse or abandonment, it can often feel like hope is lost and they're doomed to stay stuck in unhealthy habits and patterns.

This teenage edition of Mending the Soul was written to show teens that by following a path of restoration and allowing God's grace to touch their heart's deepest wounds, they will find hope and healing as they work through their pain. It will help them navigate the emotional trauma of abuse and abandonment, as well as recognize signs of unhealthy families and dating relationships. Armed with a better understanding of their past and how the effects of abuse can lead to risky behaviors, shame, trauma and isolation—teens will be encouraged to face their brokenness, to heal and forgive and to look toward their hope-filled future.

A practical resource for teens, Mending the Soul, Student Edition also offers insight into the struggles parents and ministry leaders face when working with teenage victims of abuse.

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