

DAYBREAK MEDITATIONS FOR WOMEN SURVIVORS OF SEXUAL ABUSE%0A

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[Daybreak: Meditations For Women Survivors Of Sexual Abuse](#)

These 366 daily affirmations and meditations extend support and wisdom to women who have survived childhood sexual abuse. With understanding, compassion, and strength, the author addresses issues such as intimacy, fear, play, sharing secrets, and anger.

[Daybreak, Meditations For Women Survivors of Sexual Abuse](#)

Meditations For Women Survivors of Sexual Abuse [by Maureen Brady; Hazelden 1991] These 366 daily affirmations and meditations extend support and wisdom to women who have survived childhood sexual abuse.

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Boundaries: A sample meditation from Daybreak: Meditations for Women Survivors of Sexual Abuse In my family of origin, I was not taught appropriate and respectful boundaries for taking up space. My own space was leveled by people with the authority to get away with it.

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Sexual Abuse

Thousands of women have suffered sexual abuse in childhood. Acknowledging the abuse after years of silence and secrecy and beginning a healing journey require support and encouragement. Daybreak provides that guidance and comfort in the classic daily meditation format.