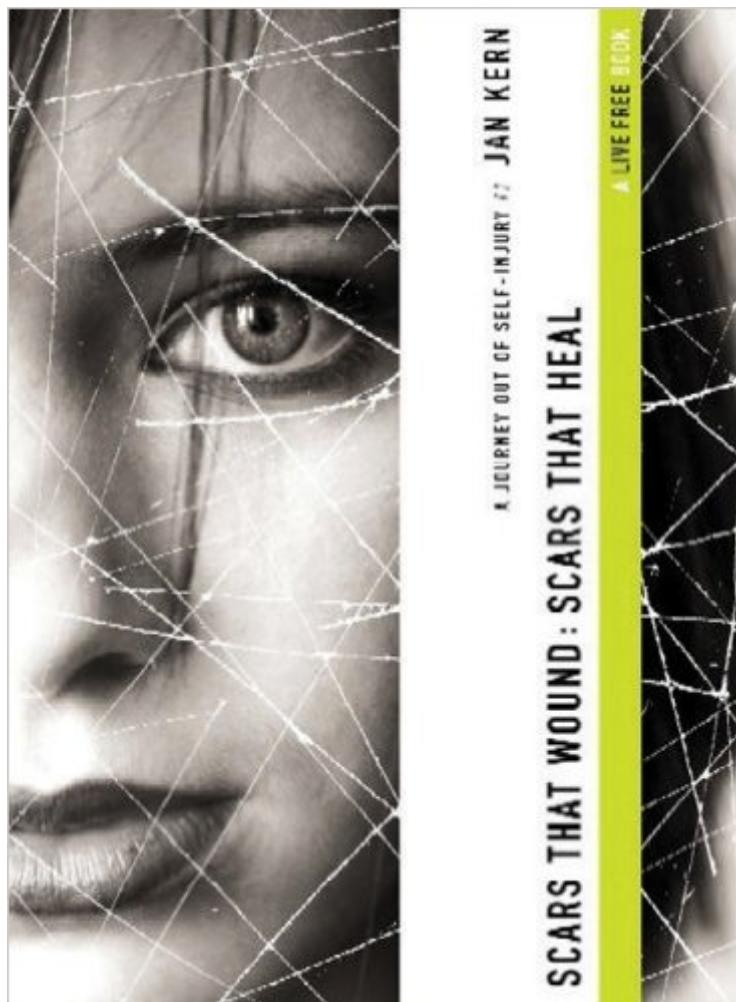


The book was found

Scars That Wound, Scars That Heal: A Journey Out Of Self Injury (Live Free)



Synopsis

This is Jackie's story of repeated self-injury and how relationships with those who came alongside her "together with a deeper understanding of God's love and patience" "brought her to a place of hope and healing. The Live Free series for teens and young adults tackles real questions about real life "questions about sex, family problems, relationships, body image, and the future. You'll discover firsthand stories of teens and their personal struggles, journeys, and spiritual healing that comes with real freedom. Each chapter includes Scriptures, journaling prompts, tips for supporting the person seeking help, and questions designed for personal reflection or small group discussion.

Book Information

Series: Live Free

Paperback: 237 pages

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Language: English

ISBN-10: 0784721041

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Product Dimensions: 7.4 x 5.9 x 0.6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #1,243,402 in Books (See Top 100 in Books) #39 in Books > Christian Books & Bibles > Children's & Teens > Teens > Social Issues #1057 in Books > Teens > Religion & Spirituality #1609 in Books > Teens > Social Issues

Customer Reviews

This book is great as it covers the issue of self-harm from all angles. From the perspective of the self harmer, from an external viewpoint and even gives pointers to those trying to help the self injurer. It also provides direction for holistic healing as it demonstrates God's role in the healing. Struggling with self harm myself I really appreciated that this book had raw honesty. It wasn't this fairy tale book of recovery. It was the hard slog of years of work and effort with a hope-filled ending.

I've worked with teens for over two decades, and Jan Kern addresses the issue of self-injury with compassion and insight, as well as provides tangible help for the teen (or those who love them) seeks answers and help.

I'm a recovering self harmer, and this book was a GREAT book that I read through and worked on with my mentor from my church. I'd deffinately recommend this book for anyone, especially a Christian, who struggles with self harm.

This book was amazing. I have had a personal struggle with the topics covered in this book. I was really moved and touched in a healing way while reading this book. For anyone that has struggled with self-mutilation I would say this is a great read. I am recommending this book to my friends that have had similar struggles, and will continue to recommend it to anyone wanting a healing touch.

True stories, true hope . . . In the face of confusing messages in a chaotic world, teens and young adults need to know they don't have to get caught up or stuck in pain and brokenness. There is hope and a story God wants to unfold far greater than any they can imagine. Through her writing and speaking, Jan Kern encourages that discovery."I want to stop . . . I feel like I did something to deserve this. When is it going to be over?" These are the words of Jackie, a young girl caught up in the horror world of self-injury, commonly known as "cutting". As Jan points out, the journey out of this nightmare is not an easy one, but with love and support, it can be achieved. I highly recommend this book for families of self-injurers as well as for youth pastors and others who work with young people.

This is a touching story that explains so much behind the need to cut. It have me an understanding that I had lacked and a starting point for talking with my daughter about her hurting herself. It seemed to help her to be able to express her pain in verbal ways rather than cutting. I highly recommend this book for anyone who cuts themselves and for their families and friends. A true way to help.

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