



The Four Steps to Healing (Catholic)

Martha Shuping

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If you or someone you care about has experienced the pain of unresolved grief after abortion, you know how hard it can be to find help. Magazines and talk shows offer advice on nearly every topic, yet it's rare to see a headline for post-abortion recovery. The Four Steps to Healing sheds new light on an issue that has touched the lives of many but is talked about by few. The myth of abortion as a "selfish" choice is dispelled here by illustrations of women who chose abortion out of concern everyone's needs but their own. Many who suffer from post-abortion grief are, in fact, caring nurturers, helpers by nature who take spiritual matters seriously. To address the specific needs of those who long to reconnect and go further in their faith, The Four Steps to Healing is available in both Catholic and non-denominational versions. Filled with practical suggestions, prayers and stories of hope, it is a resource for those who want to be healed and for those who want to help.

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