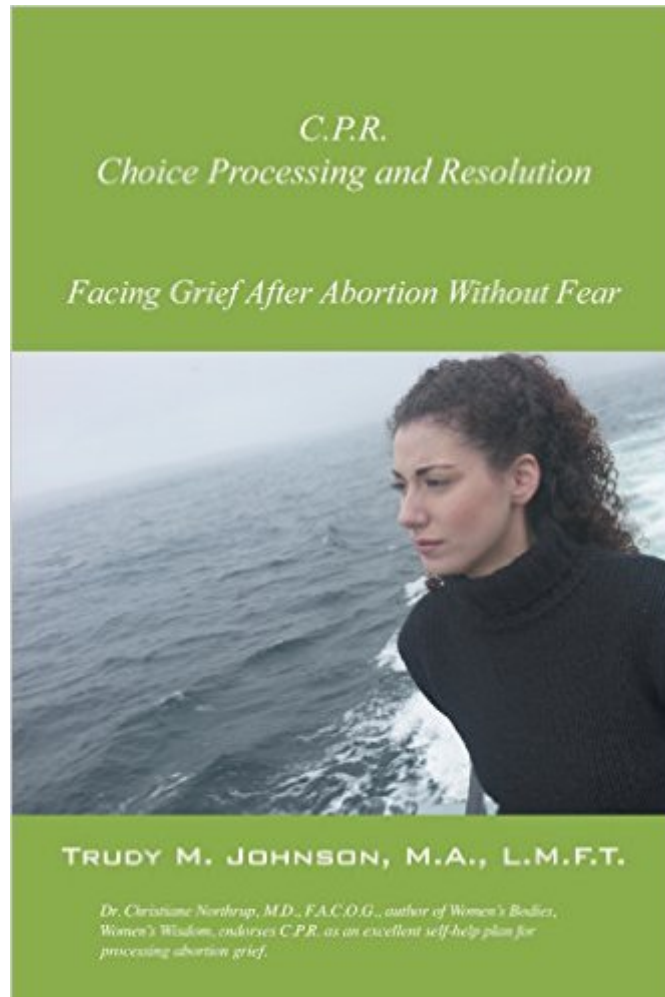


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# C.P.R: Choice Processing And Resolution



## Synopsis

Overwhelming sadness after a voluntary pregnancy termination is sometimes unexpected and surprising. Understanding that these overwhelming emotions can be a normal part of the choice process is helpful. This book is the first self-help plan available for walking through grief after abortion without fear of judgment. You can use the information and tools provided to process and resolve grief after a voluntary pregnancy termination in the privacy of your own home. Created by a professional therapist, CPR ~ Choice Processing and Resolution, is used individually and also as a workbook for licensed therapists to help their clients process and resolve their grief after abortion.

## Book Information

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Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #126,047 in Books (See Top 100 in Books) #17 inÂ Books > Politics & Social Sciences > Women's Studies > Abortion & Birth Control #206 inÂ Books > Textbooks > Social Sciences > Gender Studies #479 inÂ Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

I stumbled across this treasure because I read an article by the author. The way she wrote about abortion and how it's not societally acceptable to grieve and process your abortion publicly really resonated with me. In this book, she gently guides you on the healing journey and gives you permission to grieve and feel pent up emotions. She truly supports you in the process. I have been working through the book, little by little and accepting my feelings, hurt towards other and myself and it's been amazing. I bought myself a journal to write down my feelings for the exercises she has and I also write down my feelings in between exercises. I'm almost at the end of the book, but I must say, this has been such a blessing in my life and the author speaks in a loving tone where she accepts and honors your choice and allows you to do the same and to also acknowledge the difficult circumstances and emotions that arose during your voluntary pregnancy termination. This is a

multi-layered process.

It's hard to believe two words could change your life but the words "Disenfranchised Grief" did just that. When I read those words it felt like I had been given the master key to a Vault and all the boxes opened as once. It was the key that was to unlock the "anger" that dominated every aspect of my life for the last 24 years. That is how long I have carried the grief of my VPT (voluntary pregnancy termination). Her personal and professional experience together have created this life changing resource for any woman who is still suffering in silence. With this book and working with a therapist I dig deep into my soul to bare the pain and grief and I have emerged from the darkness. It is still amazing to me I am not that angry person any more, my husband and children are amazed and very happy too! Pauline "vpt" woman, Dublin, Ireland.

I obtained this book from Missing Pieces. I struggled to find closure and resolution around my abortion. The pain and guilt became life consuming. I found freedom, peace, acceptance, closure and forgiveness from reading this book, working with Trudy Johnson at Missing Pieces plus completing the exercises. Please purchase and use this book if you are suffering from having had a medically terminated pregnancy.

Abortion is not an easy choice for any woman. "C.P.R.: Choice Processing and Resolution" analyzes the harsh facts about coping with abortion, or as author Trudy M. Johnson terms it, VPT (a voluntary pregnancy termination). The decision to end one's pregnancy is highly emotional for any woman; Johnson hopes to help women gain a better understanding of their situation. "C.P.R." is a strongly recommended pick for any woman faced with this difficult decision.

I have kept a secret from nearly everyone for more than half my life. But could I still be feeling heartache and shame from a legal, deliberate choice that I had made more than 30 years ago? The answer was YES! C.P.R.: Choice Processing and Resolution is not about whether abortion is right or wrong, and it's not about shame or guilt. It is about what to do when you realize that your heart and mind are, indeed, still grieving years later. Trudy becomes the "best friend" to whom you can finally open your heart. She leads you through the painful, on-going process of recovery, to the point where you can begin to grieve the loss, forgive yourself, and reach a point of healing and peace.

Johnson makes a compelling case and provides a proven pathway to healing and wholeness. Her

research and personal testimony is thorough, authentic, and non-judgmental. Women and men will benefit from this work. You will not regret reading CPR and sharing it with a friend or family member.

Ms. Johnson has truly addressed the issues facing women who have made the choice to end a pregnancy and all the emotions, fear, guilt, shame and regret that can go along with that decision. For me, having to deal with being talked into an abortion by the father and not having the strength to stand up for what I believe in (which is against abortion) had left me empty, remorseful, and grief stricken. Her book has helped tremendously. There was no judgement or condemnation (I did enough of that on my own) in her book. Only the truth of her own experience and how to heal the grief, identify the emotions, and ultimately move on. I would recommend this book to anyone who has had or who is thinking about getting an abortion.

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