



# Joining Forces: Empowering Male Survivors to Thrive

*Howard Fradkin*

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This inspirational book was written to empower male survivors of sexual victimization at any age to overcome the effects of trauma and learn to thrive. Male survivors often struggle to feel any sense of hope for the future, so *Joining Forces* is designed to inspire them and their allies with easily mastered skills developed over the course of psychologist **Dr. Howard Fradkin**'s 30-year career, and the real-life experiences of other survivors who have learned to thrive. Each chapter invites survivors to dare to dream that they can take another step in their healing process by leaving their isolation behind; challenging their dysfunctional beliefs and replacing them with healthier, functional messages; practicing healing exercises; reading about the struggles and successes of men just like them; and learning how to build hope through the use of affirmations.

This book is unique in that it is based on the experiences of over 800 participants in MaleSurvivor Weekends of Recovery. The tools taught during those workshops, plus many more developed through Dr. Fradkin's clinical experiences, are presented so that each survivor has an opportunity to use coping skills as he faces the challenges of his recovery. Survivors and their allies will learn that they are not alone in their struggles and that others have walked in their path, become stronger, and found a sense of freedom. They'll read about how to make healthier choices to enhance their relationships, emotional functioning, and job performance and to thrive in their lives.

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