

## **Recommended Reading Books on Sexual Violence**

### **After Silence: Rape & My Journey Back**

Nancy Venable Raine, © 1998 Crown Publishers

This autobiography is the author's profoundly moving response to her rapist's command to "shut up," a command that is so often echoed by society and internalized by rape victims. For anyone, female or male, who has suffered from or witnesses the shattering effects of rape, this book inspires and points the way to healing.

### **The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse**

Ellen Bass & Laura Davis, © 1994 Harper Perennial

This book speaks directly to survivors in a warm and personal way. It includes profiles of survivors.

### **Cry Rape**

Bill Lueders, © 2006 Terrace Books / University of Wisconsin Press

This is the true story of one woman's harrowing quest for justice as told by reporter Bill Lueders. It is a textbook example of how not to investigate rape; how tunnel-vision can lead even well-meaning police officers into forming wrong conclusions, how powerful interrogation techniques can lead innocent people to confess to crimes they did not commit, and how DNA can correct mistakes for the lucky few. The victim herself emerges as a remarkable heroine: legally blind, scraping by on a paltry income, she keeps fighting to be heard.

### **The Female Fear**

Margaret Gordon & Stephanie Riger, © 1989 Free Press

This book is an analysis of women's fear of rape -- the women's voices demonstrate that we cannot function as a true democracy as long as women's well founded fear of rape inhibits our full participation in society.

### **Getting Off: Pornography and the End of Masculinity**

Robert Jensen, © 2007 South End Press

This book expertly combines 'the personal' with 'the political,' and challenges men -- and women -- to face the crucial and painful subject of pornography with courage and hope. The author exposes the pervasive misogyny of today's pornography and forces us to face the ugliness of American masculinity.

### **Half the Sky: Turning Oppression Into Opportunity For Women Worldwide**

Nicholas Kristof & Sheryl WuDunn, © 2009 Alfred A Knoff

These Pulitzer Prize winning authors guide us on an odyssey through Africa and Asia to meet the extraordinary women struggling there. Through these stories they propose that the key to economic progress, and the end of violence & oppression of women, lies in unleashing women's potential.

### **I Am the Central Park Jogger: A Story of Hope & Possibility**

Trisha Meili, © 2003 Scribner Publishers

This book recounts the crime that stunned New Yorkers in 1989 -- the attack, rape, and near death beating of a young Wall Street professional --- and the story of the author's strength and transcendent recovery.

### **I Never Called It Rape: The Ms. Report on Recognizing, Fighting & Surviving Date & Acquaintance Rape**

Robin Warshaw, © 1994 Harper Perennial Publishers

This book combines survey results and scholarly perspectives with first-person accounts to explain what date rape is, how it happens, and what we can do about it.

### **In An Unspoken Voice: How the Body Releases Trauma & Restores Goodness**

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Peter Levine, © 2010 North Atlantic Books

This book is the culmination of the author's life work -- he draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain, and psyche. The premise is the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions.

**The Lonely Soldier: The Private War of Women Serving in Iraq**

Helen Benedict, © 2009 Beacon Press

The author tells the stories of five women who fought in Iraq between 2003 and 2006. She follows them from their childhoods to their enlistments, then takes them through their training, to war and home again, all the while setting the war's events in context. Between these stories, Benedict weaves those of the forty other Iraq War veterans she interviewed, illuminating the complex issues of war and misogyny, class, race, homophobia, and post-traumatic stress disorder. Each of these stories is unique, yet collectively they add up to a heartbreaking picture of the sacrifices women soldiers are making for this country.

**Our Guys: The Glen Ridge Rape & the Secret Life of the Perfect Suburb**

Bernard Lefkowitz, © 1997 Vintage Books

This book is the extraordinary story (methodically & painstakingly researched) of an event in March 1989 at Glen Ridge, New Jersey; a group of teenage boys (the most popular athletes in the local high school) lured a girl with developmental disabilities into her basement and gang-raped her.

**Pornland: How Porn Hijacked Our Sexuality**

Gail Dines, © 2010 Beacon Press.

This book is a thoughtful and vivid analysis of pornography's infiltration into the American economy and psyche, its detrimental effects on the sexual and emotional health of men and women, and its ability to perpetuate both sexism and racism. Proving that porn desensitizes and actually limits our sexual freedom, the author argues its omnipresence is a public health concern we can no longer ignore.

**Recovering From Rape**

Linda E. Ledray, © 1994 Henry Holt & Company

This book is for the survivors of rape and sexual assault, and their families, lovers, and friends. It contains practical advice on overcoming the trauma of rape and coping with police, hospitals, and the courts.

**The Sexual Healing Journey**

Wendy Maltz, © 1992 Harper Perennial

This encouraging, hope-filled book can help survivors of all types of sexual abuse achieve the loving and safe sexual lives they deserve.

**Stopping Rape: A Challenge For Men**

Rus Ervin Funk, © 1993 New Society Publications

This book offers insights, testimonies and exercises to help men end the violence in their own lives, intervene to stop other men's violence, and support survivors of rape. It mixes analysis, anecdotes and action-steps to help men understand the extent and impact of rape, recognize and dismantle out rape culture, and organize to stop violence against women, children and other men.

**The Sum of My Parts**

Olga R. Trujillo, © 2011 New Harbinger Publications.

The author is an attorney who works with communities on the many issues involving the impact of trauma. This book is the story of her life – from a very early age she has already survived years of abuse and violent rape at the

hands of her tyrannical father. Over her childhood she would develop the ability to numb herself to the constant abuse by splitting into distinct mental "parts", dissociative identity disorder (DID). This brave, unforgettable memoir charts the author's triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

**Trauma and Recovery**

Judith Herman, ©1992 Basic Books

This book is a classic on the aftermath of violence -- from domestic abuse to political terror. At it's heart, it is the testimony of trauma survivors. The author integrates the social perspectives of trauma without sacrificing either the complexity of individual experience or the breath of political context.

**Waking the Tiger**

Peter Levine, © 1997 North Atlantic Books

This book offers a new and hopeful vision of trauma, viewing the human animal as a unique being endowed with an instinctual capacity to heal.

**Women and Violence**

Barrie Levy, © 2008 Seal Press.

This book takes a comprehensive look at the issue of violence against women and its many appearances, causes, costs, and consequences. The author weaves real-life stories and deft analysis with global perspectives on violence, overviews of controversies and debates, and thought-provoking coverage of social change strategies and activism.

**Yes Means Yes: Visions Of Female Sexual Power & A World Without Rape**

Jacklyn Freidman & Jessica Valenti, © 2008 Seal Press

In this groundbreaking look at rape, our commonly held beliefs about rape are dismantled and replaced with a genuine understanding and respect for female sexual pleasure. The editors and the outstanding writers they have brought together propose a new path to finally viewing women differently, and also putting an end to rape.