



# Rescued

*Shelley S Martinkus*

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## **Rescued** Shelley S Martinkus

Rescued. It's what every wife yearns for in the aftermath of sexual betrayal. In the beginning we may simply hope to survive, but in the long run we have the opportunity to thrive. In this workbook, Shelley will guide you through many of the important pieces of the recovery process. In practical terms, this comprehensive workbook discusses: • the difference between a sexual integrity issue and a sexual addiction • practicing self-care throughout this journey • working through triggers using the Five-Step Process and identifying your needs related to triggers • an in-depth look at the process of forgiveness • creating the right environment in your heart as your husband works {hard} to earn your trust back • working through insecurity • being better because of it all Shelley offers hope, healing and freedom for every woman that is barely keeping her head above water. Shelley Martinkus is a wife to Jason, and mom to three little boys. She is passionate about helping women that share a similar story to hers through writing, speaking and facilitating support groups. She also loves running, reading, playing outside with her boys, and cuddling and conversing with Jason.

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