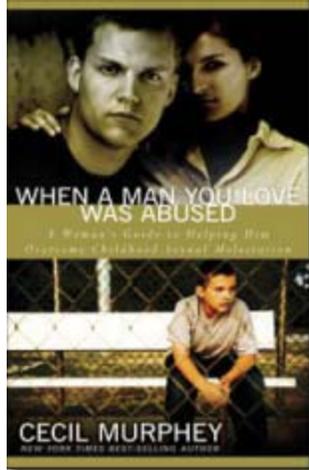




Cec is grateful for many opportunities to share intimate thoughts lately.



Click on the book cover to see a video of Cec talking about why he wrote *When a Man You Love Was Abused*.

Intimate Thoughts

"I thought I was the only person who felt that way."

"My feelings are too intimate and personal," the woman said to me. "I don't think anyone else will understand."

"I was too ashamed." He looked away before he added, "If people knew what I really felt, deep inside, I was sure they'd despise me."

Most of us could have said those words. We have intimate or private thoughts that we censor or push away. We're afraid that if others knew—spouse, parent, friend, or boss—they would be shocked, despise us, and castigate us for being so evil.

A few years ago I realized something about each of the statements I've quoted above: They're common to us—to all of us—and more universal than we care to admit. We feel too embarrassed to share our private thoughts and emotions and can't imagine that anyone else would feel as we do. Perhaps that's why we hide behind empty words and clichés.

It took me a long time to figure out that our inner feelings aren't unique. Because we're not comfortable with them, we fear others won't understand. I've become more aware because of my recent book, [*When a Man You Love Was Abused*](#). I took risks in writing it (including pushing away the statements above). I tried to open myself as fully as I was able. Did I worry about others not understanding, judging me, or despising me? Of course! But I did it anyway because I'm committed to honesty and transparency.

A number of men and a few women have since commented on my courage and honesty. Although I like the praise, I wrote to encourage others to be open and not to bury their emotions. Too many of us have lived with shame and become imprisoned by our feelings.

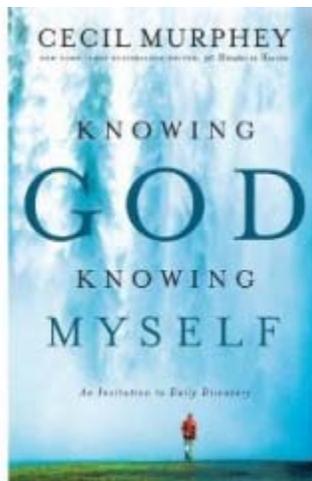
God knows the depths of our hearts and those feelings or thoughts don't diminish the divine love for us. And the people who truly love us value our honesty. They may even trust us with their own censored thoughts.



Cec is honest and transparent on his blog for male survivors of sexual abuse. He wants to help men heal.



Why did Cec decide to launch a blog for writers? Click on the image and he'll tell you.



Coming soon. Pre-order now from Amazon.com and save money.

*Our most intimate thoughts,
when clearly expressed,
become the most universal.*

Personal News

- My agent, Deidre Knight, and I will fly to New York City this month and meet with six editors and two book packagers.
- I have four radio interviews this month. In October, I'll do my first-ever webinar with *Kyria* magazine.
- I'm scheduled to speak at a Celebrate Recovery group in Lake Junaluska, NC, on September 16, and I'll speak for a writers group on September 17.
- I'm excited about speaking at the conference, "Saving Our Daughters and Sons," September 23-25, at Hendersonville, TN (near Nashville).

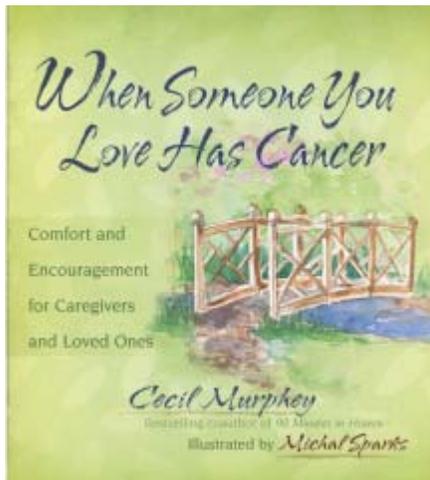
The Twila Zone—Words from My Assistant, Twila Belk

Cec and I were in Grand Rapids recently, and he stayed busy with speaking engagements, book signings, three-and-a-half hours of video filming at RBC Ministries, and sharing his sexual abuse story with groups of therapists. I'm proud of him for having the courage to speak about that difficult issue. He knows the pain of childhood sexual molestation, and although it isn't easy for him, he's determined to tell his story to help other survivors. [An excellent article appeared about Cec in the Grand Rapids Press.](#)

[The Cec and Me radio show](#) will air live every Tuesday night at 8-9 p.m. ET beginning October 5, on Togninet.com. You'll receive more information about the show at Togninet.com soon.

On Wednesday, October 6, Cec will do a one-hour webinar on "When Someone You Love Was Abused (Help for Identifying and Overcoming Domestic Violence)." [For more information or to register for the webinar, click here.](#)

Have you dreamed about the day you could take a cruise with Cec? Will February 27–March 6 work for you? You can enjoy a cruise to Mexico and pick up writing advice from Cec and others. If you register for the [Sailing Toward Success Christian Writers Cruise](#) by October 1, you'll get the early-bird special.



October is Breast Cancer Awareness Month. Consider this beautiful and practical book as a gift for caregivers and loved ones of those with cancer.

Links that might interest you:

[Cec's blog for writers](#)

[Cec's blog for male survivors of sexual abuse](#)

[Cec's schedule](#)