



# Man Enough to Heal

## Man Enough to Heal

*Directed by Shawn Wildermuth*



### Synopsis

*One in six boys are sexually abused.  
This is a story of how they survived.*

This feature-length documentary tells the stories of eight brave men who are healing from the wounds of childhood sexual abuse. Shame, lack of self-worth, addiction, and body dysmorphia plague these men. They often hear societal messages for them to 'man up' or they are not a 'real man.'. This leads men to face their childhood wounds in silence. These victims are seen as possible perpetrators, which further isolates men with their trauma.

While the statistics are horrifying for both sexes, our society treats boys differently from girls. This film shines a light on that disparity. The film shows how healing it is to find other men who've experienced the same childhood trauma and sharing their stories.

### Why This Film?

The goal of this film is to find the men out there that haven't gotten the help they need. Instead of focusing on the details of the abuse (like other similar films), "*Man Enough to Heal*" is about exposing the after effects of abuse and the healing process of recovery.

**"I believe that all of the problems of society stem from the idea that children are property."**

*- Mike Lew, Author of "Victims No Longer"*

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### About the Director

I make films that reflect my own experiences and tackle issues that need to be brought out of the shadows.

I come to this topic honestly. As a victim of childhood sexual abuse, I've been working on my issues around the trauma for over thirty years.

I've found other films about this issue, but too many of them focused fetishizing the abuse and not the healing. "*Man Enough to Heal*" brings the brave stories of recovery to this film, including my own story.

Most of my life I've been a teacher and author, and over the last eight years have transitioned to film. This is my second feature-length documentary (<https://hellworldfilm.com>).

### Connect with Us

**Web Site:** [manenoughfilm.com](http://manenoughfilm.com)

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**Resources for Survivors**

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