



Get Out If You Can How To Escape An Abusive Relationship And Be Happy

By Celia John

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 38 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Do you know the signs of an abusive partner Do you feel helpless, powerless, and out of control Can you recognize if you are in an abusive relationship Are you a victim of domestic violence Have you ever thought of leaving but just dont know how This book answers these questions and more. This domestic violence book will explain: The characteristics of an abusive partner How to recognize if you are in an abusive relationship How to plan in order to leave an abusive relationship How to reprogram your thoughts after verbal abuse How to recover after leaving an abusive partner This book is based on knowledge that I have obtained as a survivor of domestic violence, research that I have conducted with victims of domestic violence and work that I have undertaken in a womens refuge. I know what it feels like to be trapped in an abusive relationship and the feeling of helplessness and powerlessness that abuse can cause. This is why I wrote this book so that maybe what I have learned can help someone...



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