



Domestic Abuse and Domestic Violence Help for Abused Women and Domestic Survivors: Overcoming Your Past Abusive Relationships, Transforming Your Present (Paperback)

By Robert Moment

Moment Group, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Domestic Abuse and Domestic Violence Self Help For Abused Women and Domestic Violence Survivors Escape Domestic Abuse. And Take Charge Of Your Life! If you re involved in an abusive relationship or have emerged from a domestic violence situation but don t feel you re on the road to recovery yet, there s help and hope for you inside this book. It s not unusual for domestic abuse survivors like you to feel broken and empty -- like a shadow of what you once were. But it s possible to rediscover yourself and the happiness you may have thought was gone for good. It s a difficult process, but you can evolve from victim to survivor. Domestic Abuse and Domestic Violence Help for Abused Women and Domestic Abuse Survivor s guides women like you through the recovery process using what we call the MIA formula: motivation, information and action. This book places you on the road to healing, providing you tools to help you overcoming your domestic violence experience by: -Releasing your anger while reclaiming your emotions and your self-confidence -Discovering...



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Reviews

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