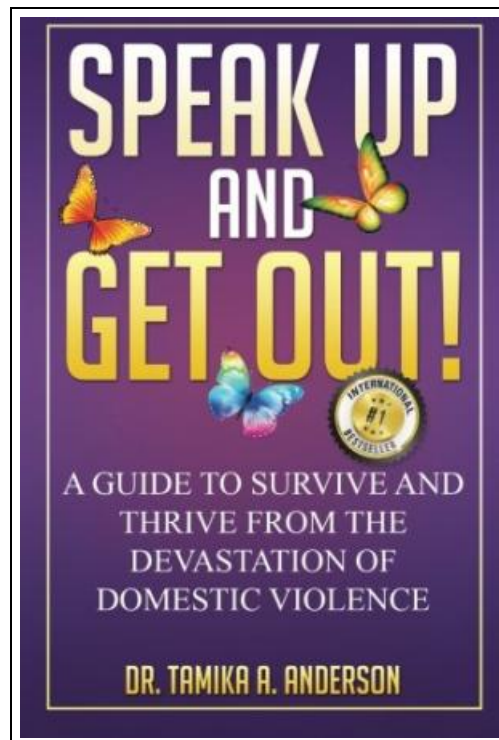


Speak Up and Get Out!: How to Survive Thrive After the Devastation of Domestic Abuse Violence (Paperback)



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

SPEAK UP AND GET OUT!: HOW TO SURVIVE THRIVE AFTER THE DEVASTATION OF DOMESTIC ABUSE VIOLENCE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Courage and resilience leaps to life for many with the release of the highly anticipated book, *Speak Up Get Out: A Guide to Survive and Thrive from the Devastation of Domestic Violence* by respected Domestic Violence Awareness Expert Strategist, Tamika A. Anderson, D. Sc. For millions who suffer through the trauma of abuse, this self-help book promises to offer a compelling perspective on domestic violence abuse and a renewed belief in speaking out and taking action against domestic violence. But it doesn't stop there. In addition to its solid advice on dealing with abusive relationships, it also provides tools and strategies for goal setting, rebuilding your self-worth, living a happier abuse free life, developing a positive attitude, and so much more. *Speak Up Get Out: A Guide to Survive and Thrive from the Devastation of Domestic Violence* provides the insight, tools, and techniques to guide women (and a few good men) who need help navigating through the most challenging process of healing from past and present pain, trauma, and loss. The S.P.E.A.K. Formula detailed in the book is offered with compassion and understanding from a place of personal experience. The end result is for women to know the red flags of domestic violence abuse, have a safe exit strategy plan, experience wholeness, and finally live the life they desire free from abuse. As Dr. Anderson states, You will be broken as long as you allow yourself to be broken. You will be broken if you don't take the time to love yourself first and rebuild your self-esteem. As your self-worth begins to blossom, all of the excruciating pain you are feeling will slowly fade away. This book will...



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