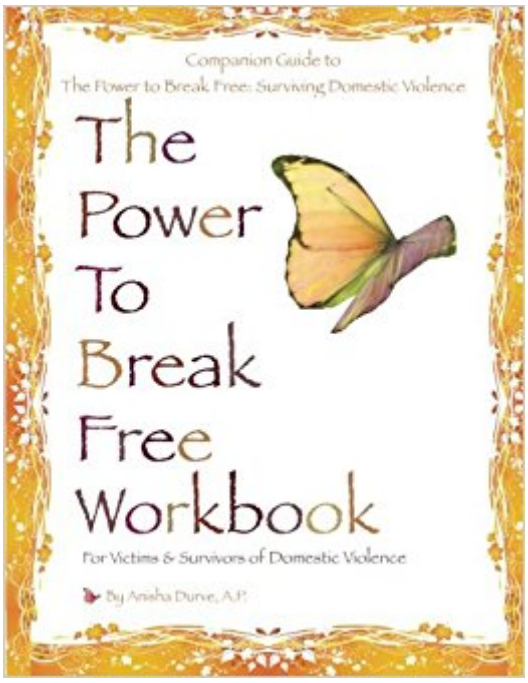
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The Power To Break Free Workbook: For Victims & Survivors Of Domestic Violence



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Synopsis

This workbook is for victims and survivors of domestic violence to facilitate healing, process the deep-seated trauma of abuse, and find the necessary steps to recovery. For victims currently still in an abusive relationship, these exercises will help to evaluate your relationship, the effect of the abuse, how safe you are, and provide clarity about your situation. Exercises to examine yourself, your partner, types of abuse, and power and control tactics will prove instrumental. How you can get help, enlist the aid of the community, deal with the difficulties of separation, and evaluate true change are mentioned here. For survivors who have left their abusive partners, this workbook will build your strength and self-awareness and provide necessary tools to find closure. Healing exercises will increase your confidence in your ability to move forward and embrace a new abuse-free future. The last section contains inspirational quotes and space to write your reflections and insights. This is an excellent resource to use during healing retreats and workshops for victims. The supportive material and exercises in this workbook are intended to be used in conjunction with reading the book "The Power to Break Free: Surviving Domestic Violence, with a Special Reference to Abuse in Indian Marriages" which explains the psychology of abuse in detail. Any victim or survivor of domestic violence will find the text answers many questions such as "How did this happen to me?" Please refer to the website www.Power2BreakFree.com for additional information and resources.

Book Information

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Average Customer Review: 4.5 out of 5 stars 10 customer reviews

Best Sellers Rank: #315,271 in Books (See Top 100 in Books) #116 inÃ Â Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #221 inÃ Â Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #375 inÃ Â Books > Self-Help > Abuse

Customer Reviews

Anisha Durve co-authored "The Marma Points of Ayurveda: The Energy Pathways for Healing Body, Mind, and Consciousness, with a Comparison to Traditional Chinese Medicine" in 2008 with Dr. Vasant Lad.

I am leading a group of women through this workbook. It is very good at pointing out some things that one does not usually think of as abuse, therefore it has been helpful.

This looks like what I wanted, although it refers to the book itself for some explanations of terms. It would have been nice to have provided a brief description so it could be used as a stand-alone tool.

Read in addition to "Power to Break Free" from front to back. This is a must read for those in a abusive situation and feel they dont have the power to get awat.

I am a psychotherapist, and bought this book for use by one of my patients, she has found it to be very helpful.

I used this as a tool with clients coming from Domestic Violent homes; was helpful for some of the clients, but others did not care for the format of the book.

Good concepts for other forms of abuse, too.

Very good book for individual or group sessions.

Delivered as expected

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The Power to Break Free Workbook: For Victims & Survivors of Domestic Violence When Danger Hits Home: Survivors of Domestic Violence (Survivors: Ordinary People, Extraordinary Circumstances) My Partner, My Enemy: An Unflinching View of Domestic Violence and New Ways to Protect Victims Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook) A Typology of Domestic Violence: Intimate Terrorism, Violent Resistance, and Situational Couple Violence (Northeastern Series on Gender, Crime, and Law) Domestic Violence (Violence and Society) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for

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