

Its Not Okay Anymore: Your Personal Guide to Ending Abuse, Taking Charge, and Loving Yourself



A guide to aid victims of domestic violence to change their situation. This guide identifies different types of abuse, and helps readers to understand how the abuse cycle works in their relationship. It explores the meaning of taking charge, and escaping from an abusive relationship. This guide also focuses on self-nurturing, the process of well-being, the role of boundaries, and the qualities of a healthy relationship.

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