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

By Dr Tamika Anderson

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...



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