



Spin Cycle Stop: A Practical Handbook on Domestic Violence Awareness

MA LMFT Bob Meade

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One of the most difficult and dangerous things a person can do is to leave an abusive relationship. This book provides insights into what victims go through and the challenges they face to change from "victims" to "survivors". It is filled with real-life stories and experiences as well as quotes from survivors who have made that change. It also provides information the author feels is important not only for the survivor but also for the family, friends and loved ones of those caught up in the frightening, crazy-making world of abusive relationships. The author addresses such issues as: What is domestic violence? Why do victims stay and/or return to the abuser? What are the psychological, emotional and verbal tools the abuser uses to control the victim? What is the worst part of the abuse according to victims? What is the Cycle of Abuse and how does it compare to the Cycle of Respect? Why is it so hard to get away? What is Safety Planning and how can friends, family and loved ones play a big part in it?

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From reader reviews:

Diane Adams:

Playing with family in a very park, coming to see the coastal world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Spin Cycle Stop: A Practical Handbook on Domestic Violence Awareness, you can enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

Cierra Persaud:

Spin Cycle Stop: A Practical Handbook on Domestic Violence Awareness can be one of your basic books that are good idea. We all recommend that straight away because this publication has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into pleasure arrangement in writing Spin Cycle Stop: A Practical Handbook on Domestic Violence Awareness yet doesn't forget the main position, giving the reader the hottest as well as based confirm resource data that maybe you can be considered one of it. This great information can certainly drawn you into fresh stage of crucial pondering.

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