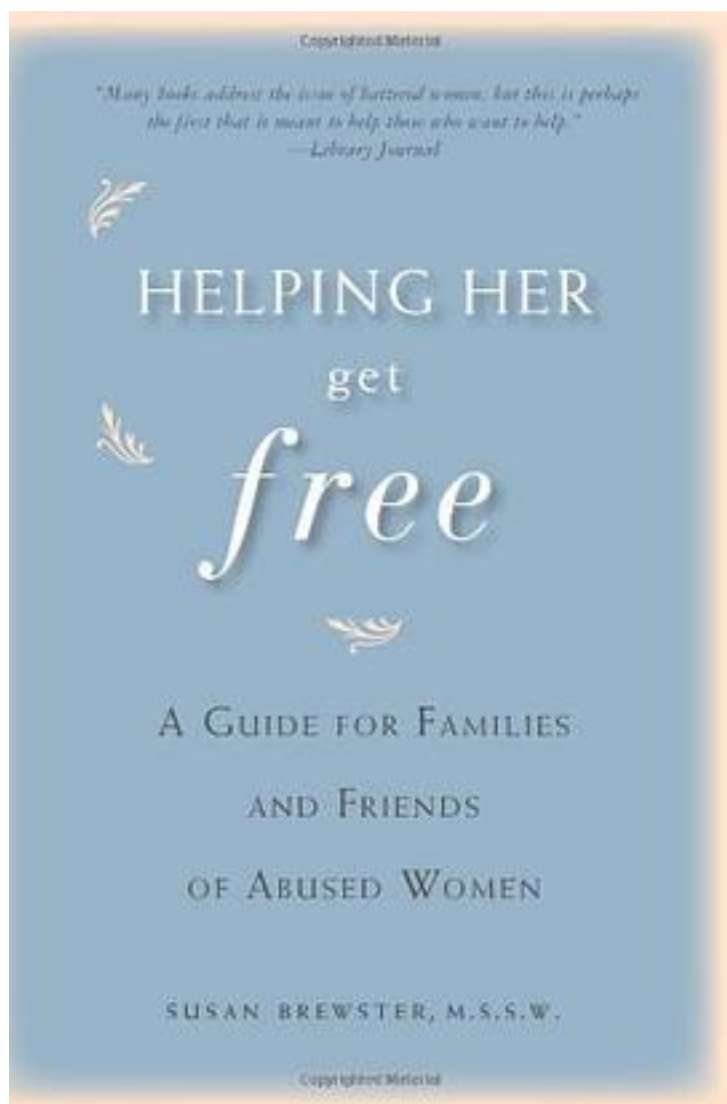


Helping Her Get Free



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著者:Brewster, MSSW Susan

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Seal Press originally published Helping Her Get Free with the title To Be an Anchor in the Storm . The survivor of an abusive relationship herself and a licensed counselor of abused women for more than a decade, Susan Brewster teaches readers how to recognize the signs of abuse, handle negative feelings, become an effective advocate, deal with the abuser, and more. With a new introduction and updated resource section, this straightforward and compassionate book offers the information needed to help give strength to women who are trying to break free.

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