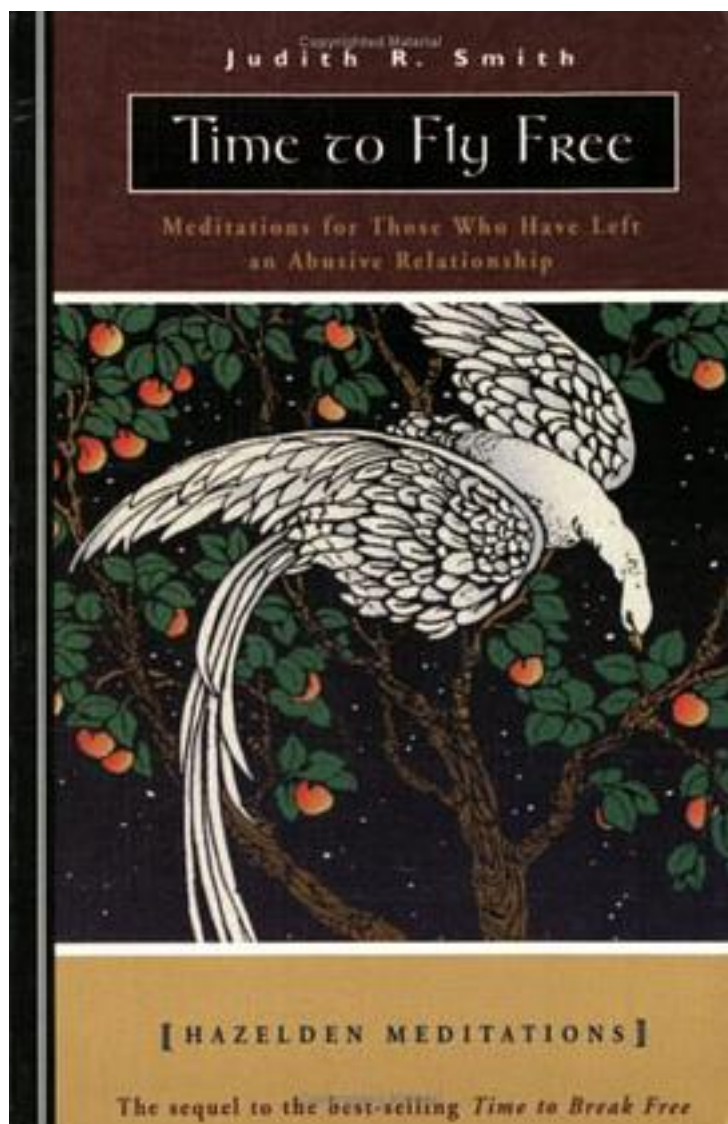


Time to Fly Free



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Like a trusted friend, "Time to Fly Free" is a companion that readers will be able to count on in confusing and distressing times. Written for spouses, lovers, parents, siblings, roommates, or anyone who has left an abusive relationship, "Time to Fly Free" offers wisdom, encouragement, and suggestions for staying free from harmful relationships and mistreatment. Judith R. Smith created "Time to Fly Free" as a follow-up meditation book to her well-received "Time to Break Free," which addressed the critical first 100 days after leaving an abusive relationship. Having left such a relationship herself, Smith has a deep appreciation for the courage and strength needed to overcome the lies, threats, and manipulations used by abusers in attempting to rekindle relationships. Thoughtful meditations offer a daily dose of inspiration and gentle guidance. Smith addresses feelings and concerns commonly experienced by individuals who have left an abusive relationship: asking for help, increasing self-esteem, coping with feelings, and rediscovering sexuality. Meditations and reflections also deal with learning to recognize and avoid abusive relationships in the future. Key features and benefits: -Provides inspirational and instructive daily support for creating a healthier life. -Offers precautions and advice about staying free from abusive relationships. -Reassures anybody who's left an abusive relationship that they are not alone. -Features 366 daily reflections in the traditional Hazelden meditation format.

作者介绍:

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