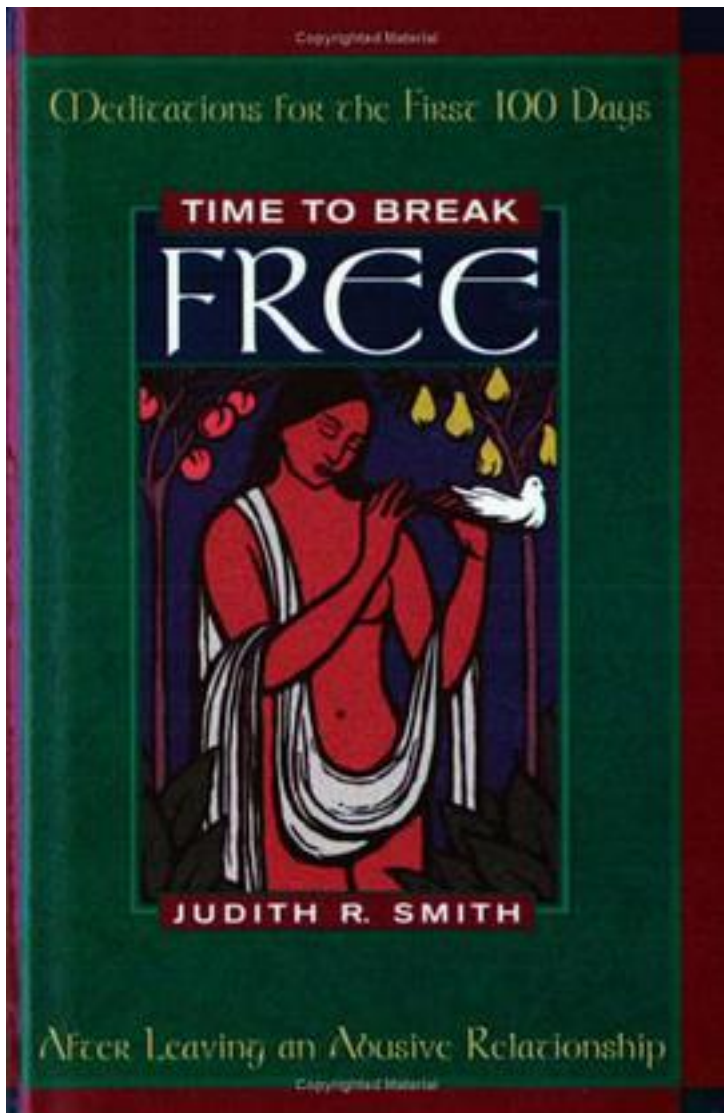


Time to Break Free



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These meditations provide support for the first 100 days after a woman leaves or begins the process of leaving an abusive relationship. Clients learn to find in themselves the courage and strength needed to overcome the lies, threats, and manipulations abusers use to coax women into returning to them. Messages provide the support, knowledge, and compassion that abused women need to shore up their resolve to stay free of abuse and continue healing.

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目录:

[Time to Break Free_ 下载链接1_](#)

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