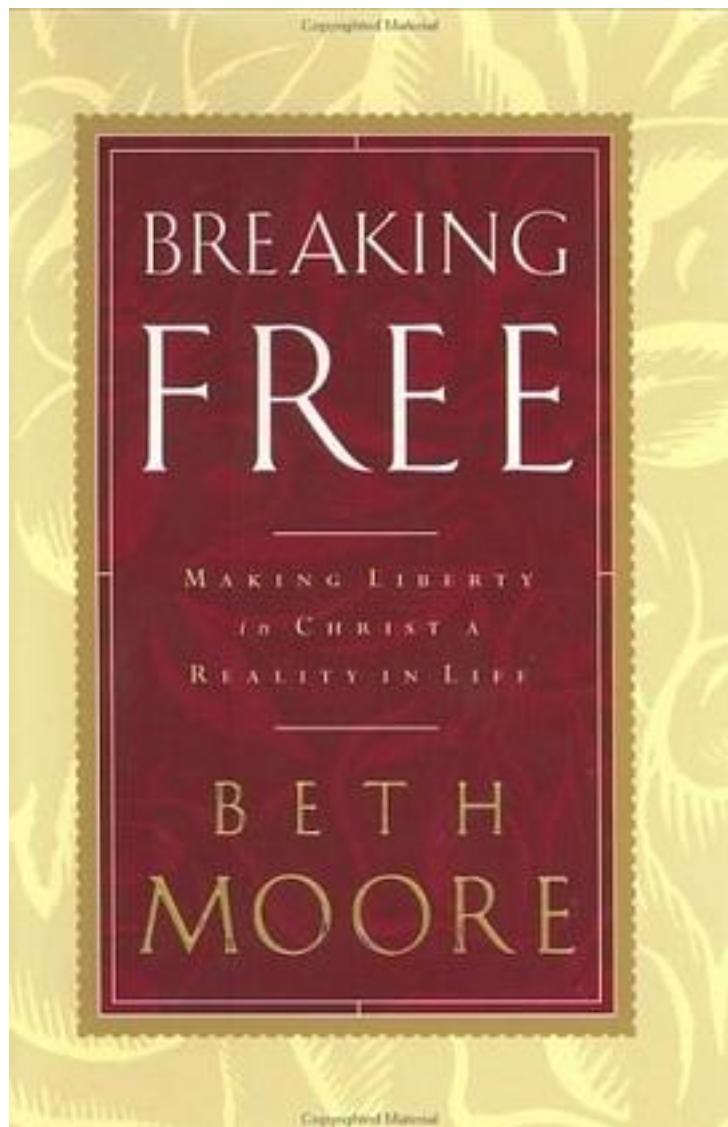


Breaking Free



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No matter how you look at it, domestic violence is frightening. Breaking the cycle is even more so. Breaking Free is a step-by-step guide to making the transition from victim of domestic violence to survivor of domestic violence. Breaking Free begins by chipping away at the wall of denial and then follows through with rebuilding the foundation of self-esteem and self-worth. Breaking Free is not only for the victim/survivor. Loved ones who would seek to help a victim make the transition to survivor can find biblical references that offer proof that love isn't supposed to hurt.

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