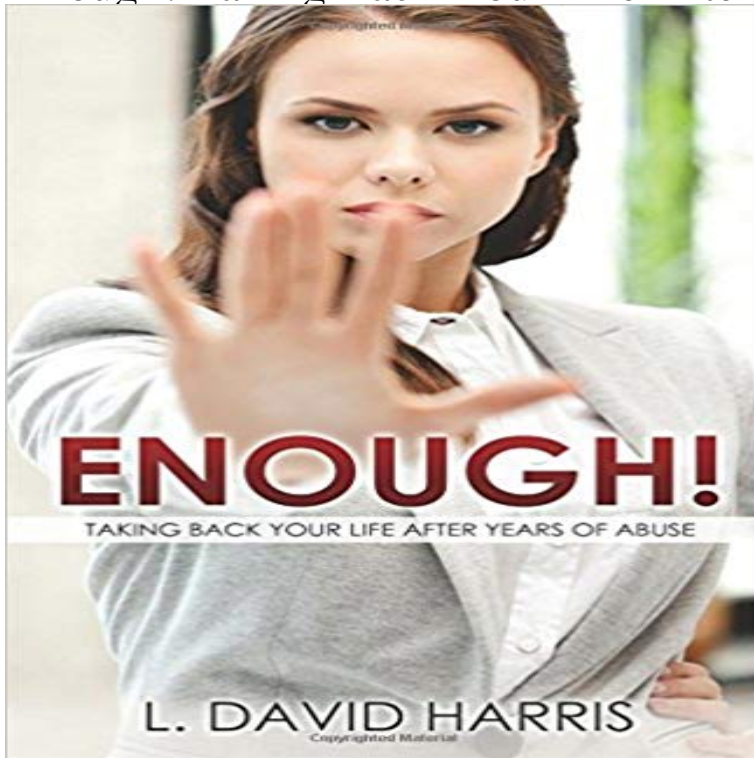


## Enough! Taking Back Your Life After Years of Abuse



If you are interested in this book, chances are you know that you are in an abusive relationship and want out. You may be looking for help to decide what to do next. You may be looking for information about what you can do about your situation. You may be ready to leave, but are unsure how to go about it. You may not even be sure if you are being abused, but you have a feeling that something isn't quite right at home or with your significant other. This book aims to give you all the answers you need to decide if you are in an abusive relationship and what you should do if you are. This book will help you decide whether you are being abused, how the abuse can affect you and others around you, and what you can do to get out of an abusive situation. There are no easy answers to abuse. Oftentimes, people who are caught in the cycle of abuse may feel like they have no way out. They may feel like they don't deserve any better than what they currently have. They may feel like a complete failure for letting their life spiral so far out of control that they don't even know what to do next. They oftentimes blame themselves for the abuse, and therefore, because it is their fault, they can't even imagine that there is a way out. They may not be able to see a way out at all. You may feel that these words describe you perfectly. Feeling trapped is common. To make a change in an abusive relationship takes a lot of courage and a lot of strength, plus some help. But, I am here to tell you that you deserve better than being abused. You deserve to be happy, to be treated well, and to pursue your dreams. You deserve to get out and rebuild your life. I will not promise quick or easy answers. What I will talk about is how you can start rebuilding your life beginning now. Take back your life and you'll be so happy you did.

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