



Surviving An Abusive Relationship

Brenda L. Brightful

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This book is about my life and how I struggled to get out of an abusive relationship. It provides insights on how I became so caught up in the midst of the relationship trying to please and satisfy the man and neglected myself in the process. This book will provide you with ideas and ways that you can increase your self-esteem, recognize the signs of the abuse and how to prepare moving on with your life once you have decided to get out of the abusive relationship. It provides you with insight on how addiction can manifest in other ways not just drinking and smoking, however being addicted to certain lifestyles, unhealthy relationships, places and things. This book also shows how you can move on with your life and accomplish whatever goals and dreams that you have desired to accomplish. The goal is to encourage and remind you that it is never too late to get out and no matter what, at the end of the day, YOU DESERVE HAPPINESS.

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