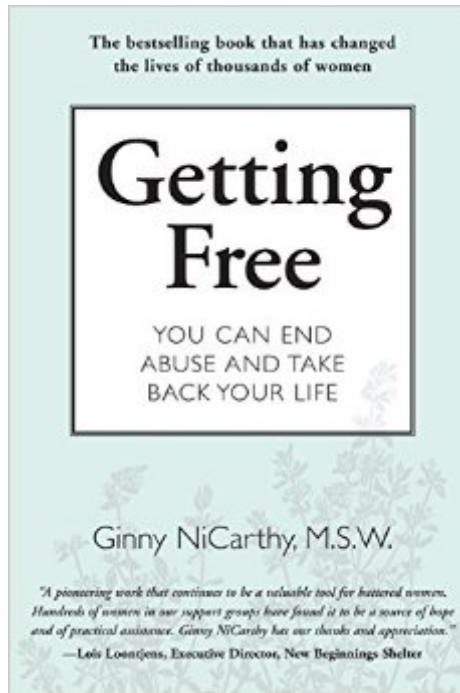


The book was found

# Getting Free: You Can End Abuse And Take Back Your Life (New Leaf)



## Synopsis

Since its original publication in 1982, *Getting Free* has changed the lives of tens of thousands of women. Written in an accessible style, packed with practical information and answers, special exercises designed to help a woman recognize abuse, and several success stories, *Getting Free* remains an important resource today—and this updated edition makes it an all the more relevant resource. In this expanded edition, Ginny NiCarthy features important new information from the latest studies and most recent research on the subject. New chapters include an analysis of whether batterers'™ treatment really works, which programs help violent men change, and which do not; the results of research on the ways that many men who batter also abuse their children, and specific reactions of children to battering; the cultural and legal issues relevant to immigrant women; and a presentation of how religious beliefs and religious communities affect the real and perceived choices of women facing violence.

## Book Information

Series: New Leaf

Paperback: 464 pages

Publisher: Seal Press; 4th edition (October 14, 2004)

Language: English

ISBN-10: 1580051227

ISBN-13: 978-1580051224

Product Dimensions: 1 x 6 x 9.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars— See all reviews— (28 customer reviews)

Best Sellers Rank: #660,630 in Books (See Top 100 in Books) #230 in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #723 in Books > Self-Help > Abuse #972 in Books > Politics & Social Sciences > Social Sciences > Violence in Society

## Customer Reviews

I have worked in the field of counselling women both living in and attempting to leave abusive relationships and this book I have recommended over and over again. It covers everything a woman needs to know in order to make the decision to leave and gives her step-by-step direction and support throughout the process. An added bonus is that it is written in a language that someone with little education can understand. The exercises within this book are absolute gems which I use often in my practice, especially the one on emotional abuse. Many of the women I work with minimize this

aspect of their abuse and it certainly is an eye-opener for these women. I hope it never becomes an "out of print" book. I would also recommend "Family Violence and the Chemical Connection" by Sally E. Baker. Unfortunately this is "out of print" but if you can find a copy it is invaluable. Others I often recommend are "The Verbally Abusive Relationship" by Patricia Evans, "The Emotionally Abused Woman" by Beverley Engel, "Outgrowing The Pain" by Eliana Gil and finally "Toxic Parents" by Dr. Susan Forward.

I wish this book was around back when I needed something exactly like this (in 1976-84). It covers "all" related topics: How to decide to leave (making the decision). Protecting yourself & the children, How to get help, the financial aspects of leaving "him", how to find a shelter (or a safe home), how to cope with loneliness, new love in the future, avoiding the same kind of man again.

The line that haunted me for years is: If there is 1% chance you will be killed, that is too great of a chance. I only wish that Nicole Simpson had read/or acted on the advice in this book. (My opinion, obviously). The book helped me spot abusers on the first date, rather than 2 dangerous months later.... And best of all it gives strategys for departure. Another memorable line: "Its easier for men to be cured of leprosy and than abusing women, EVEN WHEN THEY WANT TO BE CURED!" I have recommended this to dozens of friends and clients. If you don't think you need it, read the first chapter standing in a book store. As I discovered, when doing so "I'm living with a Monster!" (Denial reigns supreme until one's consciousness is raised. Remember, no matter how badly you were/are beaten: YOU DIDN'T DESERVE IT. ITS NOT YOUR FAULT! Call a shelter and get out of there. Now!

I left my partner 6 weeks ago. There were so many signs that I didn't recognize until I had left and until I read this book. The exercises are realistic, and very very helpful. I am searching for more, I wish this book never ended so that I could receive daily readings from this author!

I read this book 16 years ago and it really helped me 'get clear' on what was happening to me. A lot was missing, however, and Patricia Evans' book Verbally Abusive Relationships put the icing on the cake. Now I call the latter 'the bible' - but it was Ginny's book that got me started.

I am a male counselor working with perpetrators and victims of domestic violence. This book offers insight, hope, and practical advice for people in abusive relationships. It is really invaluable and

must be purchased!

She has written one of the most useful guides I have found in my years of social work practice. Written in an easy to read style, the author covers not only topics essential for getting out of a violent situation but essential information for the future as well, such as dealing with loneliness and choosing a new partner who is non violent. Sections on teen/dating abuse and lesbian battering are also helpful

Info like this is available for free on the internet. If you don't have internet, or live with an abusive spouse who monitors your internet history, buy this book & have it delivered to a friend's house (or to your church or to a little grocery store in your town if your psycho abuser has you isolated & won't let you maintain friendships.) Has a lot of good advice for people still in an abusive relationship, but I read it after I already was free, because the "take your life back" part of the title appealed to me. But it's so heavy on the 'how to get free' part that it pays very little attention to the 'take back your life' part, which was disappointing for me. (& if you use incognito mode on google chrome, there is no history for the psycho to inspect ;))

[Download to continue reading...](#)

Getting Free: You Can End Abuse and Take Back Your Life (New Leaf) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Take Back Your Life: 103 Highly-Effective Strategies to Snuff Out a Narcissist's Gaslighting and Enjoy the Happy Life You Really Deserve (Detoxifying Your Life) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows, Take-Down Arrows, Strings and More Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! How to Get Free Stuff: The Ultimate Guide to Getting Things for Free (freecycle, freebees, free

things, free samples, freebie, freestuff) Gluten Free: Gluten Free Quick-start Guide To Living A  
Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) The Problem Was Me: How to  
End Negative Self-Talk and Take Your Life to a New Level What Your Doctor May Not Tell You  
About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor  
May Not Tell You About...(Paperback)) A New Leaf: The End of Cannabis Prohibition The 5 Phases  
to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back The  
Separation Guide: Know your options, take control, and get your life back (Divorce and Separation  
Series) Med School Rx: Getting In, Getting Through, and Getting On with Doctoring Gluten Free:  
Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes  
You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) GLUTEN FREE  
COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are  
Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57)

[Dmca](#)