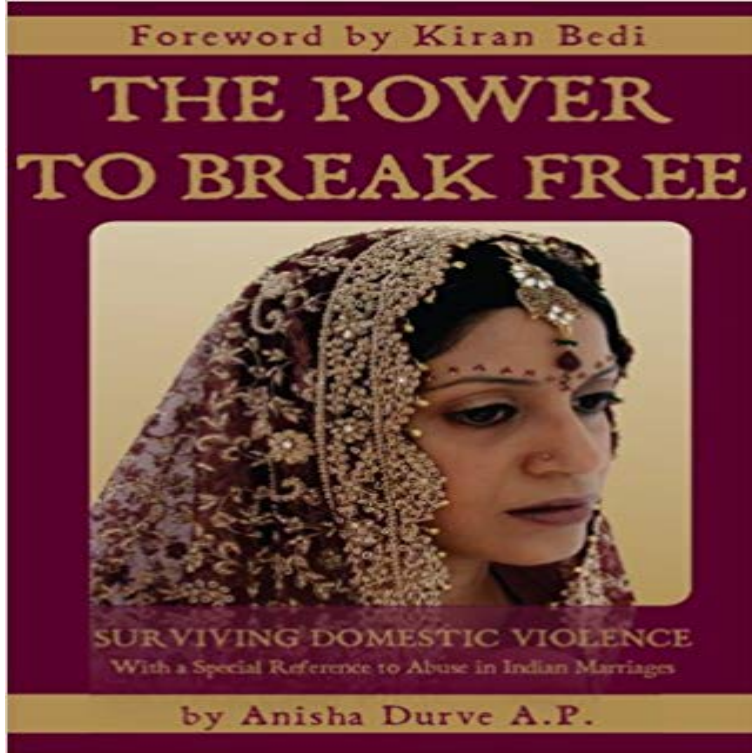


# The Power to Break Free: Surviving Domestic Violence, with a Special Reference to Abuse in Indian Marriages



For any survivor of domestic violence who has asked herself How did this happen to me? this groundbreaking book provides the answers. The 5 sequential stages that systematically create an abuser are outlined along with the 9 progressive steps a woman must undergo to surrender her power and become conditioned to accept violence. The psychology of abuse is simplified here for victims and their family members to identify the signs of various types of abuse at each of the 5 stages in the newly revised cycle of violence. How community inadvertently plays a role in enabling the abuser provides insight into how the network of therapists, advocates, medial caregivers, legal representatives, and law enforcement can better support and facilitate a victims process to ultimately break free. The dynamics of abuse within the subset of the Indian Hindu community are explored to shed light on the ramification of cultural biases and the history of the domestic violence movement within the larger South Asian community. The author also shares her own gripping personal story as a survivor of a 7 year abusive marriage and the riveting accounts of other Indian women in their journey to find freedom and overcome the cultural taboo of divorce. This empowering book helps to inspire all victims...freedom is around the corner. Every woman possesses the power to be free. Please refer to the website [www.Power2BreakFree.com](http://www.Power2BreakFree.com) for additional information and resources.

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