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Getting Naked to Get Free 2016-03-09 it took years for j frederika to finally realize she had to get naked in order to become free of her painful past getting naked meant she had to acknowledge and share secrets have difficult conversations and examine the impact sexual abuse still had on her life the good news is that during this season of forgiveness and healing frederika rediscovered and embraced her voice and purpose throughout her first collection of poetry frederika provides a raw and honest glimpse of her journey through the pain of sexual abuse domestic violence and mental illness while providing a stinging portrait of a life wrapped in shame frederika bravely shares her firsthand experiences through lyrical stories of exploitation and healing injustice and hope and love and loss transparent and provocative frederika invites others on her journey as she peels away layers and discovers freedom getting naked to get free shares a raw and vulnerable collection of poetry that highlights a young womans journey as she learns to speak her truth and move beyond her painful past

Getting Free 2013-03-05 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

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A Black Woman's Guide to Getting Free 2024-07-09 empowering feminist guidance for black women on living unapologetically and authentically from the bestselling author of the sisters are alright unshackle your authentic self from the expectations and stereotypes of american culture through the 6 pillars of living free as a black woman tamara winfrey harris harnesses her knowledge as a two time author and storyteller of the black femme experience and nationally known expert on the intersections of race and gender to deliver a sharp feminist analysis that is illustrated by real life stories and examples plucked from popular culture and intimate black woman to black woman truth telling this book is separated into two parts first the meaning of liberation is explored and black women will be guided in creating sustaining practice to mature their well being along the freedom journey in part two readers are introduced to the 6 pillars of living free as a black woman spot the distortions know your truth celebrate the real you understand the cost of liberation practice freedom see free black women everywhere with the bold astute writing that you have come to expect from winfrey harris a black woman s guide to getting free urges black women everywhere to choose themselves and choose freedom in a world that would have you chained

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Helping Her Get Free 2018-07-17 seal press originally published helping her get free with the title to be an anchor in the storm almost ten years after its original publication this groundbreaking and practical guide remains a wise informed and vital resource for those who want to assist a friend or loved one in her struggle to escape an abusive relationship susan brewster a longtime psychotherapist whose practice includes working with abused women and their families recognizes that friends and family need specific tools and ideas to help them develop a relationship with their abused loved one that will ultimately benefit her not control her as the survivor of an abusive relationship herself

brewster teaches readers how to recognize the signs of abuse handle negative feelings become an effective advocate deal with the abuser and more with a new introduction and updated resource section this straightforward and compassionate book is just as timely and important as ever offering the information needed to give strength to women who are trying to break free

Close Your Eyes, Get Free 1985 grace has a gift of helping others harness their own power to achieve what they really want if you ve been hitting a wall in your life it s time to turn to grace for a breakthrough jessica ortner new york times bestselling author of the tapping solution for weight loss body confidence forget what you think you know about hypnosis and learn why it is the hottest new technique for personal development more and more studies are showing that hypnosis can help ease everyday stress and anxiety as well as promote powerful healing from our worst habits to our deepest fears now grace smith shares her groundbreaking self hypnosis techniques that she uses to great success with her clients to help them practice meditation with a goal you ll learn how the deeply relaxed state of hypnosis will allow you to access old patterns of behavior in order to transform them once and for all you ll discover what hypnosis is and what it s not the real power of your subconscious mind simple practices to help easy anxiety boost self confidence quit procrastinating overcome emotional eating and more

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