



## Freedom from Abuse: Finding Yourself Again

Ms Lori S Rubenstein JD

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### Freedom from Abuse: Finding Yourself Again

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#### Freedom from Abuse: Finding Yourself Again Ms Lori S Rubenstein JD

Freedom from Abuse helps to empower abused women and guides them, step by step, away from the world of victim into the light of freedom and possibility. If never ever being abused again is what you really want, then this book will get you there! This book is a complete workbook and is not only thought-provoking and inspirational, but easy to use both individually and in small groups. Author Lori Rubenstein has 30 years experience helping survivors of abuse stay out of abusive relationships.



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