

The book was found

OVERCOMER: Breaking The Cycle Of Abuse



Synopsis

In this book, Yolanda Pelican talk about her experience with abuse. It will give you insight of her mindset when being abuse. She share her story on how she survived and turned away from abuse. Yolanda helps you see the excuses you tell yourself that keep you in an abusive relationship.

- Identify the lies you've accepted
- Identify the power of control in abuse
- Identify the signs of abuse
- How to forgive
- Identify that you need to love yourself

Book Information

Paperback: 66 pages

Publisher: CreateSpace Independent Publishing Platform (May 15, 2016)

Language: English

ISBN-10: 1532728271

ISBN-13: 978-1532728273

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars (See all reviews) (5 customer reviews)

Best Sellers Rank: #2,105,596 in Books (See Top 100 in Books) #692 in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse

Customer Reviews

Great read! Reading her story gave me chills. Knowing that someone could go through all of that and hide it on the outside is terrifying. I'm glad to she broke free from the abuse and is now inspiring women everywhere to stand up for themselves. Highly recommend, whether you have gone through abuse or not. Two thumbs way up!

Wonderful book you see so many women going through this who never shared there story. This book will help a few women to come out and let there story out. It will let them know that they can get out and have a normal life.

Heartbreaking yet inspiring story, beautifully written. Very impressed. Great job author. A must read for any woman who needs encouragement and empowerment to overcome her situation.

I absolutely love this book..... Great Read!!!!Very helpful for those who want to learn..... A must get.

.

Very moving, a must read for all women. Inspirational!

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

OVERCOMER: Breaking The Cycle Of Abuse Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues Mind change: The overcomer's handbook El Ciclo De Vida De La Rana/Life cycle of a frog (Ciclo De Vida / the Life Cycle) (Spanish Edition) Total Recovery: Breaking the Cycle of Chronic Pain and Depression Breaking the Headache Cycle: A Proven Program for Treating and Preventing Recurring Headaches Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame Your Government Failed You: Breaking the Cycle of National Security Disasters Stop Hurting the Woman You Love: Breaking the Cycle of Abusive Behavior Ending the Cycle of Abuse: The Stories of Women Abused As Children & the Group Therapy Techniques That Helped Them Heal Emotional Abuse Breakthrough: How to Speak Up, Set Boundaries, and Break the Cycle of Manipulation and Control with Your Abusive Partner Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (Guilford Substance Abuse) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Mommy Did Nothing As They Molested Me: A Story of Abuse (Child Abuse Series Book 2) Daddy Did Wrong: A Story of Sexual Abuse (Child Abuse Series Book 1) Childhood Sexual Abuse: Developmental Effects Across The Lifespan (Child Abuse) Counselling Skills for Working with Trauma: Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse (Essential Skills for Counselling) Locked In: One Girl's EXPLOSIVE TRUE STORY of Child Abuse (Child Abuse True Stories) Dear Daddy: The child abuse true story that will break your heart (Child Abuse True Stories)

[Dmca](#)