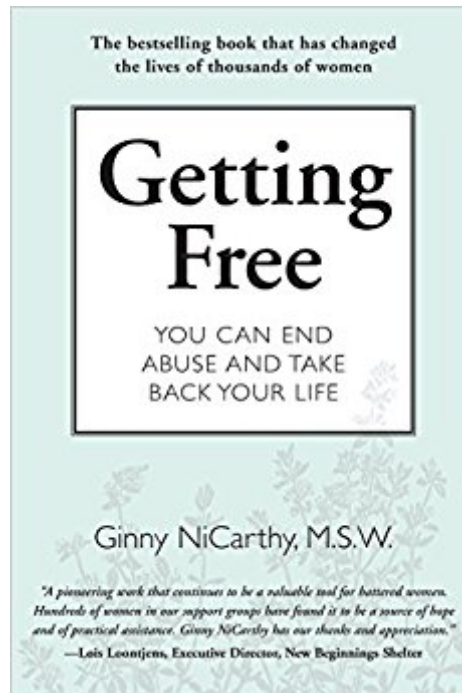




The book was found

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: 6 x 1 x 9 inches

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

Average Customer Review: 4.4 out of 5 stars 29 customer reviews

Best Sellers Rank: #453,954 in Books (See Top 100 in Books) #171 in [Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse](#) #504 in [Books > Self-Help > Abuse](#) #897 in [Books > Politics & Social Sciences > Social Sciences > Violence in Society](#)

Customer Reviews

Although *Getting Free* was written in 1982, it is still called the bible of all domestic violence texts. It's not just the content of the book--twenty-four chapters covering a gamut of issues--but the tone. The problems of and solutions to domestic violence are clearly defined through the voices of women as they share their experiences and carve out their steps toward freedom. Each chapter discusses a different phase in the experience of "getting free" and the problems surrounding each phase. Readers can reach for this book to look up specific domestic abuse issues or they can read it

straight through. There is much to learn here--the history of battering as a phenomenon; the political and social aspects of abuse; the historical changes to the institutions of marriage and family, and more. Chapter 4, "What Do You Owe Yourself?," helps women work toward a healthy autonomy and defines what each partner in a relationship deserves. Discussion on the unconscious expectations of marriage and romance segues into practical advice on the economics of single life. When reaching for *Getting Free* in crisis, readers might begin with Chapter 6, "Making the Decision," or Chapter 14, which argues for and against moving to a shelter. There is wise and compassionate counsel for the loneliness that can ensue from fleeing an abusive relationship. At the time that *Getting Free* was first published, the more common feeling about domestic abuse was that women brought it on themselves. This landmark book changed that perception, not only bringing a pandemic social problem to light, but also offering a lifeline to thousands of women. It continues to do so. --This text refers to an out of print or unavailable edition of this title.

Nicarthy's commonsense manuals show battered women the danger they face and help them map a way out, step by careful step. An essential purchase. *You Can Be Free* is useful for readers with low reading skills and those pressed for time. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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 ;))

I checked out every book on Domestic Violence that my library had, and this one book answered all the pertinent questions I needed answers to. Even the chapter on Being your Own Counselor was worth the price of the entire book! This book runs the gamut of "should I leave?" to facing life as a confident woman once you've left (and the years after). Don't hesitate, buy it. Use it and it will really help you on your journey to getting free.

As a former domestic violence victim and case manager at a domestic violence shelter for near 15 years I still see this as one of the most valuable books on the subject!

I can't count the number of these I've given to both patients and supervisee's over time. It is a seminal work in the Domestic Violence field in its mix of scholarly wisdom and practical solutions for assisting both men and women attempting to Getting Free from violent relationships.

A must read to help in this time of your life. Read even if your not sure if it fits u!! Very helpful. Has a test that will tell you a lot about where u are & the next steps

As a father of an abused daughter, this book very likely "saved my life". This book looks almost like it was written about your situation personally. As a parent, you can't understand how your daughter can't see the situation like you see it. You will learn that your "help" is only making the situation worse. You can't believe how your child allows herself to be mistreated. You want to help get her out, but you are probably only ENABLING her to sink in deeper. I suggest to you: Keep a copy of this book handy, and freely give it to any parents who have a child who is being abused.

great

The book arrived in excellent condition. It is an essential book today as the amount of domestic / dating violence among all peoples is increasing. This is an exceptionally important book for young people in college. Thank you.

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

Getting Free: You Can End Abuse and Take Back Your Life (New Leaf) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Beat Procrastination: Proven Methods for Motivation, Productivity, and Getting Things Done!: No Psychological theory, just simple solution to help you beat procrastination and

take your life back! The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes 222 Love Techniques to Make Any Man Fall in Love With You & Get Your Ex Back. Learn The Rules and Secret Laws of Enchantment: 222 Love Techniques to Get Your Ex Back and Make Him Miss You The Official Teen Survival Guide For Getting Over A Breakup: 22 Steps You Can Take Right Now to Begin Healing The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back The Problem Was Me: How to End Negative Self-Talk and Take Your Life to a New Level An American Sickness: How Healthcare Became Big Business and How You Can Take It Back Take Your Life Back: How to Stop Letting the Past and Other People Control You Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy Emotional Abuse:: The Hidden War for Power and Control in Your Relationship (Healing Emotional Abuse Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)