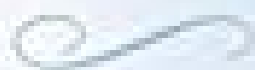


DR. RAMONA PROBASCO

HEALING
WELL
and
LIVING FREE
from an ABUSIVE
RELATIONSHIP



*from Victim to Survivor
to Overcomer*



Dr. Ramona Probasco

Healing Well and Living Free from an Abusive Relationship



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One from every four females in the United States will experience some form of household violence or misuse in her lifetime. Healing well and living free are within reach. Ramona Probasco's own effective personal story of appearing out of an abusive relationship, along with her twenty years of experience as a Licensed Marriage and Family Therapist, she takes readers through a successful, step-by-step process for shifting from victim to survivor to overcomer. With authentic empathy, she encourages the reader to call it what it really is, understand the mindset of the abuser, break through the cycle of violence, recognize what forgiveness can be and is not, find a healthy support program, and more. Readers are encouraged to go through the book separately, with a counselor, or as part of a support group. Each chapter ends with a simple, heartfelt prayer, Scriptural promises readers can connect with their situation, and questions for further reflection. Nonetheless it does not need to be the finish of the tale. Domestic abuse can occur to anyone, no matter race, education, socioeconomic status, or culture. Through Dr.



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A MUST READ I am not really a victim of misuse but I know women that are and I bought this book to teach me to understand more about the topic before I get in touch with offer hope. I had no wish and no light at the end of the tunnel. Dr. She inspires others to become more than a survivor of misuse and reassures them that they, too, can move out of days gone by and into joyful freedom of body, soul and spirit. I will be using the wisdom gained and I am buying more of the book at hand to women I understand. Heal well and Live free of charge! It's obvious a lot of thought went into the organization of this material! Learn to love yourself I had experienced very little physical abuse, so initially i didn't think that this would apply to me. Mental/ emotional misuse is just as damaging. This reserve gives so very much insight and offers steps to take order to get honest about the misuse, face the abuse, DO something about the abuse and finally HEAL from the misuse in order to move forward into a healthy state of well being. I highly recommend it. I prayed to God to let me die..""When the organization of marriage is placed above the individual, there's a problem. The component where i put God's name into 1Cor. 13 was hard but wonderful. After that to put my name within was eye opening. Excellent book on how best to truly heal from abuse! As a survivor of domestic abuse and a blogger who shares my story with others in abusive associations, I highly recommend Dr.) Effective! Period."This is a beautiful, sensible truth. This is an excellent book."This is a troubling statement, because Probasco has recently spent so much time separating blame from the abused person's essence. I recommend this publication!" Probasco acknowledges there are all sorts of bad things that can happen to good individuals who may even help them grow, "But abuse differs. This is an excellent book. This book provides helped me to look out of the fog.. Honest and Practical Help for Those Who Are Suffering That is a self-help book on a subject that's timely and (unfortunately) highly relevant to so many. Nonetheless it is much a lot more than that.(Thank you to Revell and Net Galley for providing an electronic copy for review. Either you've been in one, or you are close to anyone who has personal encounter. Her honesty is indeed searing therefore breathtaking that you'll feel like you are sitting one-on-one with a dear friend. And she does an amazing thing, she points the way out and up.A very important factor this book does is definitely fill a distinctive niche in the domestic violence/abuse conversation, that of speaking right to women of faith and (oh how I pray! A deeply compelling and in addition extremely practical book that will offer hope to many. A Christian resource about abuse that doesn't expect the target to fix the partnership. This is done so well previous in the book, instead of saying the victim 'could have made better choices. Sadly those two sentences had been split by this previous noticed: "We attract where we're at! Each and every time more detail is referenced, there is a place ("Chapter 9," "Appendix Q") the reader is assured is present, but for today let's stay focused on this.And *this* in the early chapters is frequently tied to developing a healthy mindset. Wait until your heart and your head are in an emotionally healthful place."You can't heal what you can't feel, and you can't feel what you won't talk about. I found this validation incredibly effective!"These messages are crucial to someone who has (often) survived by silence and stuffing or suppressing emotion." Her repeated message is that informing your story (initially even just to yourself— naming abuse mainly because abuse) is essential to recovery well, which differs from simply healing, and "Feeling may be the precursor to recovery. She connects the reader to her very own story and urges them to talk about their personal, but she will not leave you to wallow in the past, she will hold your hands and walk with you from the darkness and into the light."Probasco also says outright some things that apparently have to be voiced, because the opposite is too often considered the default."Horror tales abound of pastors or lay leaders telling abused women to pray more or try harder, or look at her own sin instead of calling out ("complaining" about) her

abuser. This is not one of those "resources." We edge into victim blaming with these trite phrases, relieving the abuser of his (or her) full responsibility for their actions. No one needs to stick around to be abused.) educating leaders in faith communities about how abusive relationships "work. A few of my favorite rates: "We must realize God will not give out gold superstars to those that hang within, enduring suffering without a reason. This publication was difficult at times but I needed to hear what was being stated. Jesus died for people, not organizations." "Violence within a relationship breaks the marital covenant. Excellent resource for those still entrapped in an abuse marriage and those who've gotten free but nonetheless have healing to accomplish in order to live, really live after misuse!" For Christians who have been reluctant to recommend (or perhaps even read) the crop of secular experts who've been on leading lines for a long time, this publication will fill a needed niche. It offers a gentle yet challenging prayer by the end of every section, and scriptures that align with this content they've simply worked well through. My one disappointment is in the manner Probasco describes as to why abused women should wait to re-enter the internet dating world or a romantic relationship. "Getting right into a relationship now is wii idea. This is a shift from the survival to-do lists that can be generated inside our own minds, or by outsiders. I have already been clear of a 20-calendar year abusive relationship for over 9 years today, but after reading her publication I found some areas where I still have to heal so I can go from survivor to Overcomer. Misuse is such a complex topic it could be easy to obtain bogged straight down, distracted, sidetracked. This publication provides helped me to discover . A profoundly thoughtful and beautifully written chronicle Dr. In addition she could focus the abuser's function, as a skilled predator. The logic, progression, of the book is impeccable. Abuse is certainly evil and there is no good in it. With that one caveat, I would recommend this reserve strongly. Those who are reluctant to go over marriage problems outside of a Christian context can be relieved to come across this book. I am extremely thankful it had been written, and believe it'll be life-changing for many. Dr. Ramona's publication!" "Grieving is to emotional injury what effectively washing is to physical injury. Abusive relationships are far more common than we think. Ramona opens up her heart and history in this deeply personal story to pave the way for others to tell their painful stories and to heal. I treasured this book and have already delivered it to two other friends; Highly recommend it! Ramona has a way of bringing you during that experience with a lot of like and ease. It will be better to emphasize the need/value of emotional wellness to create good decisions, rather than get wrapped up in a romantic relationship before you've learned differently. Ramona comes with an incredible capability to assist you to walk through your situation or past and give you the courage to handle the hard stuff and undertake it toward recovery. Ramona gives the steps to get there! Her empowering terms bring clarity and relaxed, guidance and grit, healing and health. Dr. Dr. Ramona Probasco shares her very personal and intimate trip with visitors. Whether you are in the center of an abusive situation or it is behind you, Dr. Ramona's testimony and wisdom facilitate your way to living free of charge. This reserve is a powerful tool that will help heal the abused, and help others around see your face better understand. one who is in an abusive relationship and another who provides it in her past but nonetheless struggles emotionally..



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