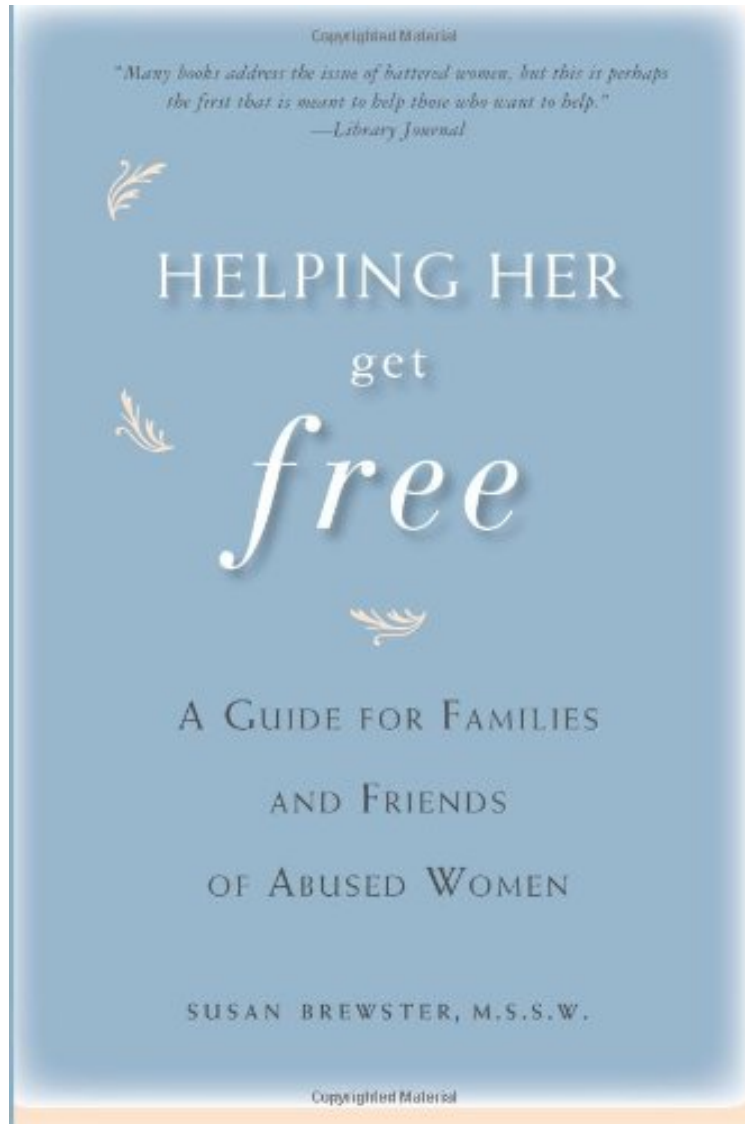


Helping Her Get Free: A Guide for Families and Friends of Abused Women

Susan Brewster

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Susan Brewster : Helping Her Get Free: A Guide for Families and Friends of Abused Women before purchasing it in order to gauge whether or not it would be worth my time, and all praised Helping Her Get Free: A Guide for Families and Friends of Abused Women:

0 of 0 people found the following review helpful. Can anyone say if this is a recommended approach for teens since there is the whole "daughter ...By PetraDI'm in the process of reading this book. Can anyone say if this is a

recommended approach for teens since there is the whole "daughter in rebellion" that goes along with the relationship? I would say I'm probably a rescuer, but want to be an anchor for her and help her out of an unhealthy situation before it gets life-threateningly bad. Thanks.3 of 3 people found the following review helpful. This book nailed it!By TracyIf you have any questions or doubts about a loved one who you suspect may be in abusive relationship, this book will help you through the process. I would highly recommend this book!0 of 0 people found the following review helpful. If you know someone that is in a domestic violence ...By Luna LoverIf you know someone that is in a domestic violence relationship. This is a must read for that persons family and friends. I have used what I have learned from reading this book to help not only a few women that are in abusive relationships. A few men as well.

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. 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. This 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. *Helping Her Get Free* was previously published as *To Be an Anchor in the Storm*.

Many books address the issue of battered women, but this is perhaps the first that is meant to help those who want to help. Library Journal