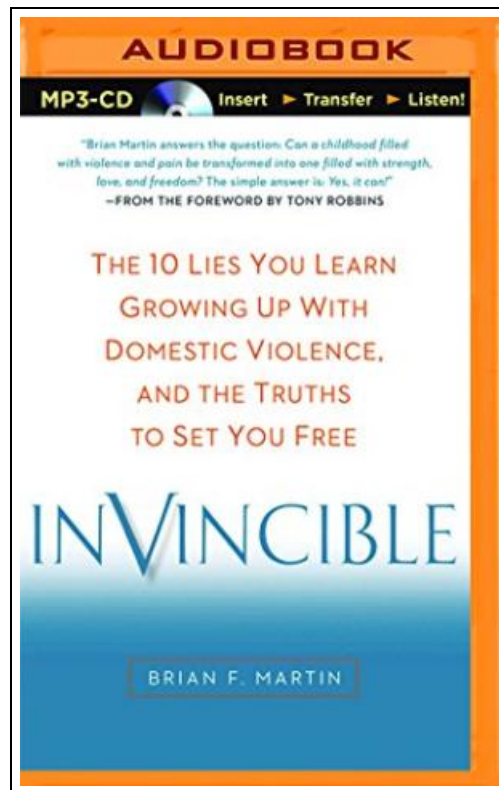


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Reviews

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(Trevor Greenholt DDS)

INVINCIBLE: THE 10 LIES YOU LEARN GROWING UP WITH DOMESTIC VIOLENCE, AND THE TRUTHS TO SET YOU FREE



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BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. In vin ci ble: incapable of being overcome When you grow up living with domestic violence, witnessing those you love tear each other down with physical and verbal blows, your brain doesn t know how to deal with that. From Invincible s Foreword by Tony RobbinsAccording to UNICEF, growing up with domestic violence is one of the most pervasive human rights violations in the world, affecting more than a billion people. Yet, too few people are aware of the profound impact it can have. Invincible seeks to change this lack of awareness and understanding with a compelling look at this important issue, informing and inspiring anyone who grew up living with domestic violence and those who love them, work with them, teach them, and mentor them.Through powerful first-person stories, including the author s own experiences, as well as insightful commentary based on the most recent social science and psychology research, Invincible not only offers a deeper understanding of the concerns and challenges of domestic violence, but also provides proven strategies everyone can use to reclaim their lives and futures.What did you learn growing up with domestic violence? Do you know how this has had an impact on your life? How have you dealt with it?Today, are there certain things about yourself that you wish weren t true? Many of them aren t. They are lies you learned. Invincible exposes the lies, reveals the truths, and offers the insight and the skills you need to go from feeling and acting: Guilty to Free Resentful to Compassionate Sad to Grateful Angry to Passionate Hopeless to Guided Worthless to Accomplished Fearful to Confident Self-Conscious to Attractive Unloved to LovedThe truth is, no obstacle you...



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