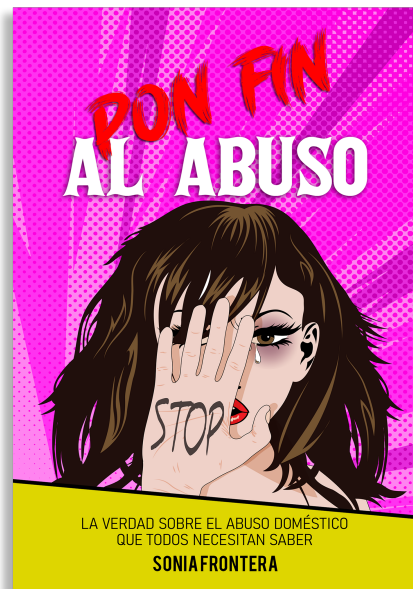


STOP THE HURT

The Truth about Domestic Violence Everyone Needs to Know

One in every four women and one in seven men experience domestic abuse in their lifetimes. That means you or someone you know may be in an abusive relationship. This quick guide teaches you how to spot the signs and take steps to end the abuse in a relationship in which you or someone you know is being hurt by a partner.



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ABOUT THE AUTHOR

Sonia Frontera is a family attorney, empowerment trainer and bestselling author. She is the survivor of a toxic marriage who is now happily remarried. Sonia is a domestic violence advocate and speaker. She integrates the wisdom acquired through her personal journey, her professional experience and the lessons of the world's leading transformational teachers and translates it into guidance that is insightful and practical.



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