



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

*Susan Brewster*

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## **Helping Her Get Free: A Guide for Families and Friends of Abused Women** Susan Brewster

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*.

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