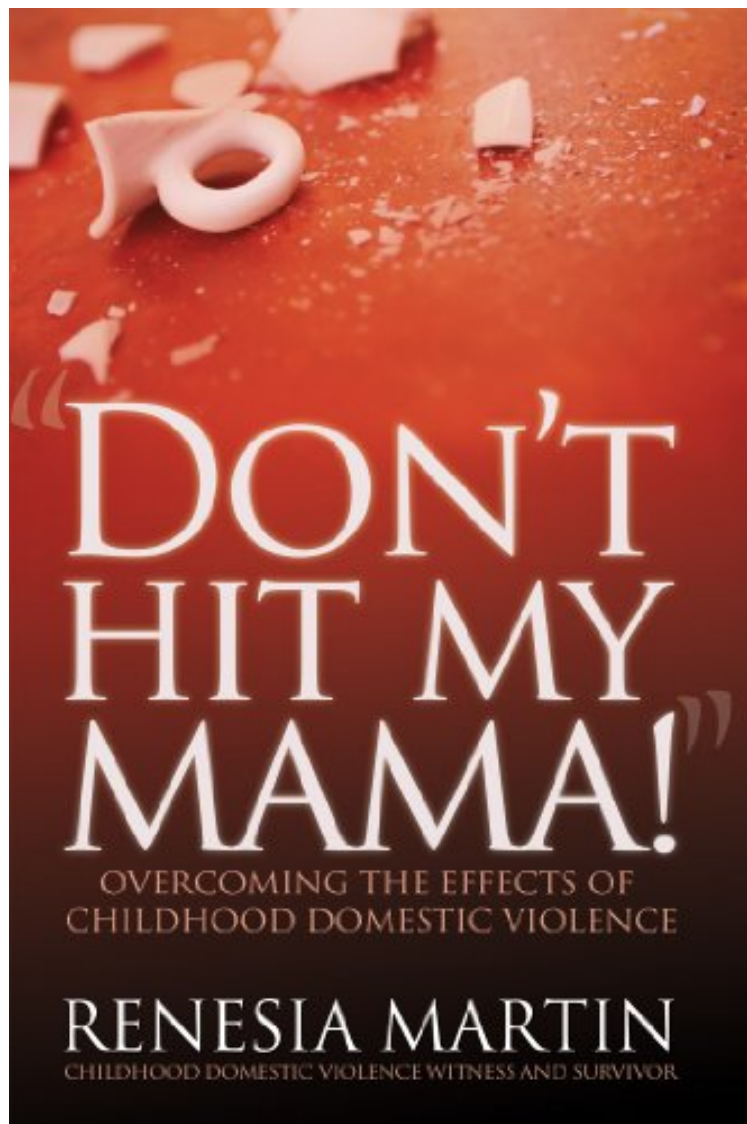


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Don't Hit My Mama: Overcoming the Effects of Childhood Domestic Violence (English Edition)

Von Renesia Martin

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Von Renesia Martin : Don't Hit My Mama: Overcoming the Effects of Childhood Domestic Violence (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Hit My Mama: Overcoming the Effects of Childhood Domestic Violence (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Very

Revealing Von Chuhe I've just finished reading the book and I must say it is very revealing. For everyone who has gone through domestic violence as a child this book helps to understand the impact on one's development - emotionally and as a person. It personally helped me to understand myself better and to understand why I feel and act in certain ways. It was also very helpful to find out that domestic violence is not that uncommon and that others feel the same way I do and have to deal with the same issues I do. It lovingly gives advice and suggestions on how to cope with the consequences - even long time after it happened. We tend to lock our experience in a mental black box (as the author calls it) - and that is true. But one day sooner or later in life we have to face our past and deal with it in order to heal. Reading that book may be the first step to start it.

Kurzbeschreibung With 275 million impacted worldwide, UNICEF calls childhood domestic violence "One of the most damaging, unaddressed human rights violations in the world today." In her early thirties, Renesia Martin seemed to have it all together. She was thriving in her corporate career, and she was married to an outgoing and handsome man, in a beautiful home in an upper-class neighborhood. Yet, behind closed doors she was living in the cycle of abuse. "Don't Hit My Mama" is a memoir where Renesia recounts what she saw, heard and felt as a child-witness of domestic violence, and how it impacted her early development and later in life as an adult. In addition, she openly shares the process she went through to bring restoration and healing, first to herself, and ultimately, to her family. **Don't live in the cycle of domestic violence another day. You can break the cycle.**

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ber den Autor und weitere Mitwirkende Renesia Martin has eighteen years of leadership experience in the financial services sector for a Fortune 50 company. She received her degree in journalism and her certificate of business administration from Creighton University in Omaha, Nebraska. Giving back to the community is important to Renesia. She has worked with Girls Inc., Girl Scouts Council of Nebraska, Girl Scouts Council of Minnesota, Boys and Girls Club of America, and Minneapolis Legal Aid Society.