



To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women

Susan Brewster

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To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women Susan Brewster
A comprehensive education on domestic violence--and the tools to intervene in a way that helps, not hurts.

To Be an Anchor in the Storm is the first hands-on guide for people who want to assist a friend or loved one in her struggle to escape domestic violence. The survivor of a batterer herself, Susan Brewster has counseled abused women for more than a decade. Now she weaves together lessons from her own life and many case histories, including the complete story of a woman called Jackie, as she supports her sister's attempts to leave an abusive husband.

Brewster will teach you how to recognize the signs of abuse, handle your own negative feelings, become an effective advocate, deal with the batterer, and more. Her compassionate book will give you the understanding you need to give strength to women who are trying to break free.

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