

Life coach, Brian Fox releases new self help book to help domestic abuse victims.

Press release on Brian Fox, the author of a newly released book, 'You Donâ€™t Need Bruises to be Abused'. Author shares experience of book writing and personal life.

[b>About the book[/b]

Apparently not just another self-help book, in reality this is much more. Domestic abuse is a widespread problem and this book offers a detailed insight into what really happens in an abusive relationship from various angles and what can be done to help. This is written in such a way that even the most die hard non-reader will find it easy to read and understand, everyone in this situation will definitely get something from it.

When people think of domestic abuse, the first thing they think of is violence, but violence is generally the tip of the iceberg. In fact there does not need to be violence for there to be an abusive relationship.

Broken bones and bruises heal, but the mental and emotional scars canâ€™t be patched up with bandages. It is the emotional and mental abuse that keeps a victim in such a relationship. Just as you do not need chains and bars to keep someone a prisoner you do not need bruises to be abused.

If you are a victim, an abuser or you know someone in such a relationship, this book is a must read.

This is Brianâ€™s third book; all of which offer a unique insight into people and their lives. Brian understands people and has made his observations and learning into a philosophy of empowerment that is enabling people to live better lives. As an Author and Life Coach, Brian spends his time working with people on a one on one basis, helping to change their lives for good.

You Donâ€™t Need Bruises to be Abused can be obtained at the following address:
<http://www.pneumasprings.co.uk/You%20dont%20need%20bruises.htm>