



## Handbook for Abused Women Who Want to Stop Being (Russian Edition)

Consuelo Barea Payueta

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# Handbook for Abused Women Who Want to Stop Being (Russian Edition)

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Handbook for Abused Women Who Want to Stop Being (Russian Edition) Consuelo Barea Payueta 'Gender violence, historical scourge of our civilization, seems flare up when day after day we read news about new murdered women, and the absence of women in positions of power and decision. This book is aimed to all women who directly or indirectly are victims of abuse, and has two basic goals: • It is a practical manual: accompanying abused woman, making them aware of what happens and why it happens, and giving them instruments to end the abuse of power, and to know the possible risk. • It is a helpguide: providing the necessary information on medical, legal, psychological, and sociological aspects; and explaining how the socio-cultural context is complicit in male violence, and how it generates a false femininity, made of fear and submission. Some topics covered in the manual are: - The psychological abuse and how to stop it - The aftermath of abuse: confusion, sadness, fear - Profile of the aggressor. How effective is therapy? - Safety measures for women and children - Justice against abuse - Psychological recovery as mother - Stockholm 

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