



MIRROR/MIRROR II: A Text/Workbook For Women Who Wish To Heal The Wounds and Move Beyond Domestic Violence

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MIRROR/MIRROR II explores more heightened understandings of relationships and the roles and rules governing an individual's perception of the heart, commitment, expectations, boundaries, and love. Readers will be exposed to a new language in the arena of domestic abuse/violence that can help cleanse and dissolve old and no longer useful ideas that support and control old and no longer useful behaviors.

MIRROR/MIRROR II proposes to encourage the desire for safety, freedom, and progress, while defining the steps to extinguishing the flames that otherwise char the spirits of those involved in empty, dissatisfying, disrespectful, unloving, non-productive, emotionally draining, and/or physically abusive relationships.

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