



Foundation dedicated to empowering women & ending gender violence.



www.Power2BreakFree.com  
www.Anisha.guru

Anisha Durve is a doctor of oriental medicine, acupuncturist, ayurvedic practitioner, yoga therapist, & meditation instructor specializing in post-traumatic stress disorder, women's health issues, and emotional balance. She is available for speaking engagements and healing trauma workshops for survivors. Contact her at [powertobreakfree@gmail.com](mailto:powertobreakfree@gmail.com).

***The Power to Break Free: Surviving Domestic Violence  
with a Special Reference to Abuse in Indian Marriages  
& Companion Workbook for Victims & Survivors of Domestic Violence***

***The psychology of abuse simplified.  
The answers every victim has been looking for.  
Groundbreaking information that has never yet been presented in this field!***

**Part 1 The Psychology of Abuse**

- 5 sequential stages that systematically create an abuser
- 9 progressive steps for a woman to surrender her power and become conditioned to accept violence
- Signs of 6 types of abuse- physical, verbal, sexual, financial, religious, & social
- 5 stages in the newly revised cycle of violence
- Pyramid of power tactics
- Community's role in enabling abusers
- Vital role of therapists, advocates, medical caregivers, legal representatives, and law enforcement to assist in a victim's journey to break free

**Part 2 My Fight for Freedom**

- Author's own gripping personal story as a survivor of a 7 year abusive marriage

**Part 3 Voices of Indian Women**

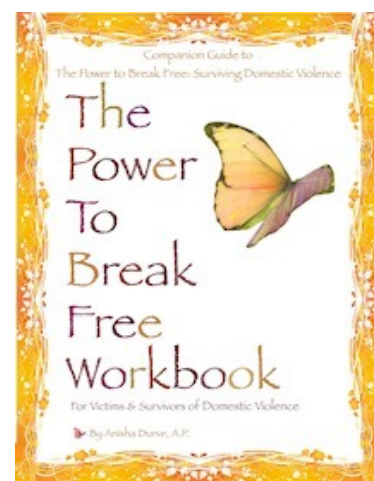
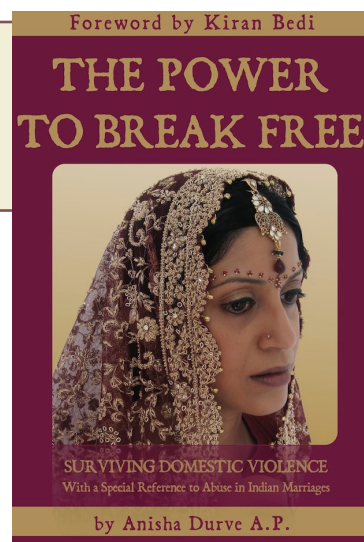
- Dynamics of abuse within Indian Hindu community
- History of the DV movement within the larger South Asian community
- Riveting accounts of survivors in their journey to find freedom
- Overcoming the cultural taboo of divorce

*This empowering book hopes to inspire all victims...freedom is around the corner. Every woman possesses the power to be free.*

**Watch:** <http://www.youtube.com/watch?v=KSkAQXbge2M>

"The Power to Break Free is one of the most thorough and well-written explanations of intimate partner abuse that I have ever read. It is full of inspiration for abused women and guidance for those who assist them. A terrific addition to the domestic violence literature."

Lundy Bancroft, author of *Should I Stay or Should I Go?*



Available on [www.Amazon.com](http://www.Amazon.com)  
or [www.Createspace.com](http://www.Createspace.com)

List Price \$22, 430 pgs

Workbook \$11, 100 pgs

Kindle Ebook \$9.99

A portion of the proceeds are donated  
to supporting the Foundation.