



Foundation dedicated to empowering women & ending gender violence.

PRESS RELEASE on July 2, 2012

The Power to Break Free seeks to break the cycle of domestic violence.

CLEVELAND, OHIO - Anisha Durve is on a mission to end domestic violence. She's not only founded the Power to Break Free Foundation, but she's recently released a book - *The Power to Break Free: Surviving Domestic Violence, with a Special Reference to Abuse in Indian Marriages*.

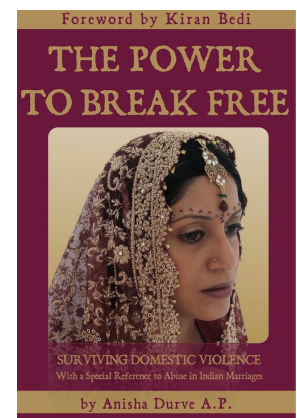
To Anisha, it's personal; she's been there. She's been abused physically, emotionally, financially, spiritually. Following her seven-year marriage to a man no one would have ever suspected of abuse, Anisha has become a champion for those whose voices go unheard, especially those in the Indian community. She's taking her commitment seriously and has pledged a portion of the proceeds to fund the PTBF foundation.

Domestic violence is often insidious and victims may not realize they are indeed victims until abuse becomes severe. The Power to Break Free offers insightful and groundbreaking information for the worldwide epidemic of gender violence. The United Nations states that 1 in 3 women globally will be beaten, raped, or otherwise abused in their lifetime.

This book is a must-read for victims, their families, and young women planning on getting married, as well as medical and police personnel, social workers and psychologists. The workbook offers excellent exercises for women to process their abuse and heal from their trauma.

Find The Power to Break Free on www.Amazon.com

or visit www.Power2BreakFree.com for details.



Please visit the Power to Break Free Foundation at www.Power2BreakFree.com.