

Richard's step-by-step approach has guided thousands to find the vision and courage to say "No more" to their abusive partners.

Because abusive partners distort our reality and tear down our self-esteem, breaking free can be truly difficult. In this work, written from the "inside" perspective, Richard 21CP (his online pseudonym) explains the seven step process that he developed to break free from his own abusive relationship. In direct, simple terms, he explains how to:

- get back in contact with what is really right and wrong;
- understand your partner's illness and how it spins you into its orbit;
- deal with being in love with someone who abuses you;
- detach emotionally and find out what you really need in life;
- break out of your unyielding sense of obligation;
- heal the emotional damage from abuse, and learn how tears lead us to healing;
- overcome fear and make the decisions needed to move on to a better life.

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Tears and Healing

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