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# From Deep Within



## **Synopsis**

Violence and abuse in teen dating is more common than we want to think... "In my heart I believed that I wasn't good enough for anyone else and that I couldn't get anyone else who would put up with me. So, I accepted the relationship and all of the consequences that it brought. I even protected him and stuck with him because I thought that I was the cause of everything. Feeling at fault became a normal feeling for me and I blamed everything that went wrong in the relationship on myself. No matter how bad I could have been, there is absolutely no excuse for mental and physical abuse. The fear that my boyfriend created stopped me from getting help and stopped me from confiding in others." **WHAT READERS ARE SAYING:** This is an important story for every teen and everyone with a teen in their life, and the book not only warns but offers help. We are grateful to Danielle Joy Linhart for writing her story so other young girls may avoid such abuse. This was a surprisingly great book that I purchased for my daughter. She isn't in an abusive relationship but now she will know what to look for and now knows the signs. My daughter loved the book and enjoyed reading the book. She wants to spread the word and wants to stop the abuse again teenage girls in abusive relationships. I would highly recommend this book to anyone in an abusive relationship or those who want to be taught about an abusive relationship. It was an overall good read as well. I am glad that I read this book for I feel I have better outlook on teenage girls in abusive relationships and why they stay in them. I never understood why? Why do those girls stay in those kinds of relationships? And this book made it so perfectly clear, but not only that this is a great tool to help those in need in the middle of an abusive relationship. I feel that Mom should get this for their teenage girls in High School to read as a tool as well. I give this 5 Stars. I read this book in about an hour and was transfixed by it. Having never been in an abusive relationship as a teenager, I was amazed how deep this problem goes. I now know why young girls feel there is no way out. If someone downgrades you enough, you believe it. And believe you deserve the abuse. Thank God for caring parents and friends of this young lady. They helped her realize her true worth. Mom's are not your enemy, they love you no matter what!!!! Friends see things that you don't think they see. Best of love and luck to you Danielle Joy, what a beautiful name!!!

## **Book Information**

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## **Customer Reviews**

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Book Etiquette: My mom taught me never to write in a book. But sometimes all rules are broken when you find a book so good you can't put it down.I am blessed to have a signed copy from the Author. I feel so bad though because this book is so good that I could not help but write notes and self-reflections in the margins! I was always taught to never write in a book, but I believe that is no holds barred when it comes to books that help you understand your own experiences.This book really shows how so many of us do not recognize the pattern of abuse, and just how subtle those signs are. As a survivor I have taught myself and others how to recognize these signs, but the author of this book puts these in such a way that is much easier to see the pre-existing patterns of a potentially toxic relationshipI highly recommend this book. I am going to give a copy of this book to my friends to read.I recognized so much of my own relationship in this book just in the first three

chapters alone. I ended up writing on the margins, underlining, and writing so many notes! I do not normally do this! I was taught to respect books, don't write in them, don't dog ear.... Oh my..I ended up staying up till midnight reading this book. It was so hard to put down. From Deep Within

This story is a must-read for everyone. We all know someone or maybe, ourselves are in an abusive relationship. The author is not some psychologist who can only speculate about these kind of situations but someone who experienced it herself. This book is very insightful on a topic that no one really was to talk much about.

A book that we can all learn from. Written in the sense of a teen and communicable in this manner able to reach young teens of abuse.

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