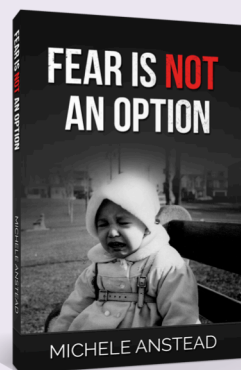


What You Need to Know to Stop the Cycle of Domestic Violence...

And What Will Happen If You Fail to Act



Michele Anstead Author of
“Fear Is Not An Option.”



An inspiring story of tragedy, triumph, and overcoming impossible odds.

“*Fear Is Not An Option* provides a real-life example of how love, hope, faith, and sheer determination can turn a troubled life around. Michele Anstead's story is one of inspiration.”

Carrie Kohan - A National Child Advocate

1 in 3 women will experience domestic violence

As a child abuse and domestic violence survivor and single parent, Michele Anstead transitioned from living on the streets to being a successful trainer, an award winning certified new home sales professional and owner of a travel agency. From teaching adult education to selling new homes, she has always been a powerful advocate for the underdog and the motto, “You can do it.” In her quest to find out why she survived, she discovered the many causes and effects of abuse. Now, she shares the inside look at what survivors know that offer solutions for a better lifestyle.

SEVEN STORY IDEAS

6 Steps to Escaping an Abusive Relationship

Find out how to recognize the signs of abuse, what to do next and how to maintain a positive life afterwards

Why Do Women Stay with Men Who Abuse Them?

Discover the 6 main reasons and what you should do if you witness abuse (or if someone you know is in an abusive relationship)

Are You Dating an Abuser?

Early warning signs young women miss that tell the tale
Why 16-25 year-olds are in the prime time for domestic violence

Change Your Mood with Food

Simple tips to eat your way out of depression

Unlock The Mystery of a Woman's Mind

Learn the 7 most important things men need to know about relationships if they want them to last

Abusive Appetite?

Does what you eat make you more likely to be a victim?

4 Ways to Boost Your Teen's Ego

How to start a conversation with your teen and get them to come to you first when they are in need

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