



You Don't Own Me!: Learn to cope with after-effects of abuse. (It Stops With Me!) (Volume 2)

PhD RCO, Rev Dr. Jesus M Alvarez

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The Story Goes on from "It Stops With Me!" After stopping Abuse, Bullying and Harassment what happens? I continue in "You Don't Own Me!" to help the reader discover what I went through and though every outcome is different I go on a step by step Journey to help you see what I went through but also the steps I we all go through. Example: Physical, Emotional, Psychological and then Psychiatric. I go through these different topics and issues to demonstrate how it affects each of us. I try hard to give you my story but also examples and spiritual help that I received. However, this book is not meant to convert anyone to my belief but to get us all to understand that no matter who we are we all have things that we live through that are hard to live with but not impossible.

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