

METAMORPHOSIS



JOURNALING THE PATH FROM
DOMESTIC VIOLENCE VICTIM TO VICTOR

DR. ADWOA AKHU

Metamorphosis: Journaling the Path from Domestic Violence Victim to Victor

Adwoa Akhu

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Metamorphosis: Journaling the Path from Domestic Violence Victim to Victor Adwoa Akhu

Using a combination of my own experience as a domestic violence victor and the experience of the many patients I have helped heal, I have created this self-help journal. Real life examples illustrate the exercises that I have used to help myself and others become victors. The text promotes greater understanding of domestic violence, emotional healing, and personal growth

Metamorphosis: Journaling the Path from Domestic Violence Victim to Victor Details

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From Reader Review Metamorphosis: Journaling the Path from Domestic Violence Victim to Victor for online ebook

Claudia says

Thank you Dr. Adwoa Akhu for sending the book to me. I have worked in the field of Domestic Violence for many years and was interested to read about your story and the guidance that you have given to women. Everyone is different and has different experiences. I think your book speaks more to women who are more spiritual and open to spiritual ideas. With more awareness about DV it is good to see the variety of books that are available to survivors.

If a survivor is looking for a book about spirituality and healing, then this would be the book to read.

Mary says

The subtitle of Dr. Akhu's new book is "Journaling the Path From Domestic Violence Victim to Victor". As a survivor of domestic violence myself, I was interested when I had the opportunity to read and review this book. Aside from Dr. Akhu's good credentials in the academic and professional arena, she, too, has survived domestic violence and as such, makes a well-qualified expert to speak to other victims and survivors.

One thing I really liked about this book is that the author recognizes that the abuse victim has taken the brave step of even picking up the book and considering what it has to say, yet she does not put up unrealistic expectations. Many who have never been abused in their own home simply do not understand WHY a woman does not leave her abuser. The truth is, domestic violence occurs within a complex relationship which often moves in cycles. The abuser is a master manipulator, keeping just enough "good" in the relationship for the victim to have hope that things may eventually improve, if she just keeps at it. Dr. Akhu meets the abused (both women and men!) right where they are, and offers the gift of acceptance.

While I personally chose not to document my thoughts in writing, I did sit and reflect upon the ideas presented, and how these things apply to me in my own personal journey. There is ample space for writing, however, and the author recommends setting up a small, peaceful space in your home where you can take a few moments for yourself, even if this is just sitting at your desk or in a comfortable chair.

The book was published in July, 2011 through Healer's Circle Publications. ISBN 9781499512243.

Delta says

It's nice to see a book about DV that doesn't tell the victim to just get out and deal with the fallout later. I thought the journal entries were thought-provoking and the affirmations were appropriate to the chapter.

It was a bit heavy on the spiritual side, but not so much that it became a religious book. I also thought it was a bit long, but I thought it did move from one topic to the next in a logical pace.

I received a copy of this book in exchange for an honest review.

Brittany says

I won this book in a goodreads giveaway, and I requested it because I am interested in learning more about what women who have experienced domestic violence have been through, and how to support them. My mom volunteers at a domestic violence women's shelter and when my health is better I hope to be able to do something similar.

I particularly liked the affirmations and encouraging quotes.

Len says

A well-thought-out, well-laid-out combination of perspective, training, and 'journaling space'. The book assumes and needs interaction from the owner to 'work' effectively.

Haven says

Many people are victims of domestic violence and for reasons personal to the victim, they may open up about their experience or keep their secrets quietly to themselves. It's hard to count the number of people who have felt or experienced abuse either by stigma or maybe even the humiliation of being abused. I really appreciated working my way through Metamorphosis. I liked the writing prompts and the pages left open that allowed me to write about my own experiences. Working my way through this book was like a much needed therapy session.

I received this book in a giveaway hosted by Goodreads. My opinion of this book are my own and are not influenced in the giveaway. I'm genuinely grateful for having received this book. My sincerest thanks.
