



# Overcoming Abuse: Reality, not Theory

*Barbara Kay Wanamaker*

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## **Overcoming Abuse: Reality, not Theory** Barbara Kay Wanamaker

This is a guide to positive steps that may help you find recovery, Self respect, Self trust, and freedom after an abusive relationship, based on my 65 year journey. These are the steps that helped me reprogram myself to achieve confidence, belief in my Self, and a joy for life. The first 18 years of berating verbal maternal abusive programming was a burden that often held me back. Slowly I discarded this garbage to free my Self. At age 65, after success as a financial executive, mother, and wife, I am retired and have summoned the courage to write a book which would have expedited my journey to joy. If I knew then what I know now, it would have been easier and quicker. I hope my view can be helpful to you. It takes time to rebuild Your Self, but if I could do it, so can YOU!!!!

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