



Getting Free: You Can End Abuse and Take Back Your Life (New Leaf)

By Ginny NiCarthy



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Since its original publication in 1982, *Getting Free* has changed the lives of tens of thousands of women. Written in an accessible style, packed with practical information and answers, special exercises designed to help a woman recognize abuse, and several success stories, *Getting Free* remains an important resource today—and this updated edition makes it an all the more relevant resource. In this expanded edition, Ginny NiCarthy features important new information from the latest studies and most recent research on the subject. New chapters include an analysis of whether batterers' treatment really works, which programs help violent men change, and which do not; the results of research on the ways that many men who batter also abuse their children, and specific reactions of children to battering; the cultural and legal issues relevant to immigrant women; and a presentation of how religious beliefs and religious communities affect the real and perceived choices of women facing violence.

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Editorial Review

Amazon.com Review

Although *Getting Free* was written in 1982, it is *still* called the bible of all domestic violence texts. It's not just the content of the book--twenty-four chapters covering a gamut of issues--but the tone. The problems of and solutions to domestic violence are clearly defined through the voices of women as they share their experiences and carve out their steps toward freedom.

Each chapter discusses a different phase in the experience of "getting free" and the problems surrounding each phase. Readers can reach for this book to look up specific domestic abuse issues or they can read it straight through. There is much to learn here--the history of battering as a phenomenon; the political and social aspects of abuse; the historical changes to the institutions of marriage and family, and more.

Chapter 4, "What Do You Owe Yourself?," helps women work toward a healthy autonomy and defines what each partner in a relationship deserves. Discussion on the unconscious expectations of marriage and romance segues into practical advice on the economics of single life. When reaching for *Getting Free* in crisis, readers might begin with Chapter 6, "Making the Decision," or Chapter 14, which argues for and against moving to a shelter. There is wise and compassionate counsel for the loneliness that can ensue from fleeing an abusive relationship.

At the time that *Getting Free* was first published, the more common feeling about domestic abuse was that women brought it on themselves. This landmark book changed that perception, not only bringing a pandemic social problem to light, but also offering a lifeline to thousands of women. It continues to do so.

From Library Journal

NiCarthy's commonsense manuals show battered women the danger they face and help them map a way out, step by careful step. An essential purchase. *You Can Be Free* is useful for readers with low reading skills and those pressed for time.

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Review

"Highly recommended." —*Library Journal*

"*Getting Free* is a pioneering work which continues to be a valuable tool for battered women. Hundreds of women in our support groups have found it to be a source of hope and of practical assistance. Ginny NiCarthy has our thanks and appreciation." —Lois Loontjens, Executive Director, New Beginnings Shelter

Users Review

From reader reviews:

Heather Reader:

What do you in relation to book? It is not important together with you? Or just adding material when you need something to explain what you problem? How about your free time? Or are you busy man or woman? If you don't have spare time to do others business, it is make you feel bored faster. And you have free time?

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Myra McKenzie:

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