

EXPLOSIVE, HEARTFELT ABUSE SURVIVOR BOOK HITS STORES

October, 2017 – Christy Mayfield, dynamic life coach, advocate for women’s health, and survivor of an abusive relationship, comes out with a powerful, thought-provoking new title:

“Marry Me” Doesn’t Mean “I Love You”: How I Escaped an Abusive Relationship and Found My Rhythm Again.

Part autobiography, part self-help, and all heartwarming and insightful, Mayfield’s book provides a unique perspective into a prevalent, yet mostly un-addressed, topic in our society today. She shows how abuse colored her past relationship, gives helpful insight into identifying an abusive relationship, and helps her readers find the strength to get out of an abusive relationship or help a friend out of an abusive relationship. She also gives encouragement and advice to people who have left an abusive relationship but aren’t sure what their next steps should be to start getting their life back on track.

With a voice that is both informative, as well as empowering, Mayfield gives her readers hope, advice, and a way to feel safe and supported as they find their way out of an abusive relationship. This book is for anyone of any gender who is trapped in an abusive relationship. In the words of Mayfield, “Abuse doesn’t discriminate, and help for abuse victims shouldn’t either.”

As a licensed clinical health care practitioner with additional certifications in abuse and trauma, and a professional life coach, Mayfield uses her skill, knowledge, and experience to shed light on this often-misunderstood topic in a sensitive, empowering, and inspirational new book.