

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

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

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Purchasing
Information: www.christymayfieldbooks.com
www.christymayfield.com
www.Amazon.com

WHY IS MY BOOK DIFFERENT?

Unique to my book on abusive relationships is my personal understanding that to create lasting change in our lives we have to gain our own realization of the problem. Change occurs when we can finally recognize the problem and find the truth within ourselves. Many books on domestic violence and abusive relationships are written by professionals or written by victims.

I have the unique perspective of writing from a personal as well as professional perspective, allowing me to connect with the readers in a way that other domestic violence books don’t. In a concise format, I share my story in a way that allows readers to recognize the abuse they may be experiencing within their own relationships.

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I gently guide the readers toward a way out, and then discuss moving on and getting their life back. The purpose is to educate, inspire and empower, and I do so in a voice that the readers can feel safe and supported.

Also unique to my book is the awareness I bring to the overlap of domestic violence with pet abuse. Many victims of abuse stay within an abusive relationship because they fear leaving their pet with the abuser. I provide an index of pet shelter options, including state domestic violence shelters known to accept pets, and pet friendly hotels for those who are suffering abuse and need to escape.

WHO IS THIS BOOK WRITTEN FOR?

My book targets all men and women. It does not discriminate. Abuse has no borders. Because the red flags and the cycle of violence do not change, my insights are relevant to all abusive interpersonal relationships, including relationships between intimate partners, coworkers, friends and family members. My book also provides insight to friends and family who know someone who is in an abusive relationship. Through my personal experiences I share how they might help someone they care about break free from abuse.

TESTIMONIALS:

- “This book is anything but sad. To the contrary, it’s pages reveal true episodes of triumph and perseverance that are quite inspiring.”
- “... it is deeply personal and full of real life fear, inspiration and perseverance.”
- “Christy truly leads you through the experience of an abusive relationship. This book delivers!”
- “Christy strikes a unique balance of wisdom and warmth as she educates and inspires...”
- “Through Mayfield’s professional insight, as well as her own stories, she has the ability to connect with the reader on a personal level, meeting them where they’re at emotionally and helps guide them out of the abusive relationship.”
- “This book is absolutely recommended for those seeking to better understand the inside view of an abusive relationship... whether your own or someone else's.”