



# **My Life, My Soul - Surviving, Healing and Thriving After an Abusive Relationship - Part 1, Surviving**

*Ivette Attaud*

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Domestic violence affects two to four million people in the United States including teenagers and 54% of parents admit they haven't spoken to their teens about dating violence or healthy relationships.

My Life, My Soul Surviving, Healing and Thriving After an Abusive Relationship, is an honest and graphic true story of Ivette Attaud, a former Fort Bragg Army wife and a survivor of domestic violence for over twenty years. She not only describes how a teen dating relationship spirals into a destructive, violence and abusive marriage, but how she was able to break the emotional and psychological chains of her abuser.

Ivette recounts vivid memories of growing up as a Jehovah's Witness; her experience with dating violence; her battle with depression; a suicide attempt; the loss of her infant twin daughter to a domestic violence assault while living on Fort Bragg and re-victimization by the New York family court system, including actual documents! In the first part of this three-part series, Ivette lays bare the life-long difficulties survivors face and provides:

- Inspiration for those currently in or who have left an abusive relationship;
- Insight for friends and family members who want to help their loved ones;
- Helpful information for the parent who wants to understand the red flags of teen dating violence;
- Comfort to the parent who has lost a child; and
- A new level of awareness for any professional who works with those in abusive relationships.

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