



## **It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence, 2nd Edition**

By Meg Kennedy Dugan, Roger R. Hock

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**It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence, 2nd Edition** By Meg Kennedy Dugan, Roger R. Hock

Those who have never experienced an abusive or violent relationship often believe that upon finding a way out, victims' difficulties are solved: their life is good, they are safe, and recovery will be swift. However, survivors know that leaving is not the end of the nightmare -- it is the beginning of an often difficult and challenging journey toward healing and happiness. *It's My Life Now* offers readers the practical guidance, emotional reassurance, and psychological awareness that survivors of relationship abuse and domestic violence need to heal and reclaim their lives after leaving their abusers.

Since its publication in 2000, *It's My Life Now* has been highly successful as a working manual for survivors who are starting their lives over after an abusive relationship. This valuable book combines direction on practical and emotional issues with worksheets and self-exploration exercises. Now, in the second edition, Dugan and Hock include updated information and resources while encompassing a wider range of individuals and the relationships in which abuse and violence occur. The new edition also provides a new emphasis on safety assessment, which has increasingly been shown to be a critical factor in recovery. In addition, this new edition includes current resources and information about organizations for victims along with revised and enhanced strategies to help survivors move forward on the path of recovery.

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### **Editorial Review**

#### **About the Author**

**Meg Kennedy Dugan, M.A.**, is Director of the AmeriCorps Victim Assistance Program, a program of the New Hampshire Coalition Against Domestic and Sexual Violence. She is Chair of the Public Education Committee and Executive Committee Member of the Governor's Commission on Domestic and Sexual Violence. She has served on numerous statewide domestic and sexual violence committees. Previously, she was Director of Counseling at New England College. She has presented widely at conferences and appeared on various television and radio programs.

**Roger R. Hock, Ph.D.**, is Director of the Psychology Program and Professor of Psychology and Human Sexuality at Mendocino College in Ukiah, California. He received his M.A. from San Diego State University and his Ph.D. from the University of California at San Diego. His books in the fields of psychology and human sexuality have been adopted at over 250 colleges and universities internationally and have been translated into several languages.

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