



TELEPHONE
01903 779207

EMAIL
office@canaanpress.co.uk

WEBSITE
www.canaanpress.co.uk

Press Release - for use from 19/02/08

SHACKLES - Overcoming Domestic Abuse

Malaika Cohen with Carole Yeoman

ARE YOU SLEEPING WITH THE ENEMY?

Two deaths a week result from domestic violence, yet only 30% of the abuse is reported. Those who remain silent, live a life shackled to fear and guilt, and the voices of their children are seldom heard. Is there life after abuse, and are we winning the war against this insidious crime?

Beginning against the backdrop of oppressive communism in East Germany, SHACKLES charts one woman's amazing battle to walk free from thirty four years of domestic abuse.

The majority of violence is non-fatal, however, health effects can last for years. A modern day taboo, this silent crime stalks victims the world over, making no allowance for race, creed, gender, age or wealth.

Now a survivor, Malaika shares intimate details of her life in her powerful autobiography, to raise awareness of all aspects of domestic abuse and prove there is a way out. There is life after abuse - and it can be a life of safety, hope and happiness. The chains can be smashed and the battle won.

“Our lives begin to end the day we are silent about things that matter.”
(Martin Luther King)

SHACKLES - available from Canaan Press and bookstores - 19/02/08

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