

Press Release – November 11th 2008



I Refuse Abuse

SHACKLES-Overcoming Domestic Abuse a Modern day Taboo

Malaika Cohen with Carole Yeomen

“Our lives begin to end the day we are silent about things that matter.” – M. L. King

The season of Joy is upon us; yet for at least 1 in 4 women and 1 in 6 men Christmas is a particularly difficult time. For many families this Christmas will reach peak time if you live in an abusive family. 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.

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.

Beginning against the backdrop of oppressive communism in East Germany, SHACKLES charts one woman’s amazing story to walk free from thirty four years of violence. The chains can be smashed and the battle can be won.

SHACKLES - available from Canaan Press and bookstores

Price: £7.99

ISBN: 978-0-9551816-1-0

www.refuse-abuse-dont-give-up.com

-End- 205