



Stands With Fists: Moving Beyond Psychological and Verbal Abuse

Debbie Zoub

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DEBBIE ZOUB has been a clinical social worker for over twenty years and has spent much of her professional career working with all types of abuse both as a caseworker and clinical social worker. She also grew up living a life in abuse. It is with her professional and personal understanding of living a life in abuse that created this book. Debbie uses the title and term Stands with Fists not in violence but in grit and determination to be done living a life in abuse. She wrote this book with the goal of giving you, the reader, a language and a voice in your own abuse. It is a raw book about the journey out of abuse without having all the answers. Debbie invites the reader to join her in this journey to leave abuse behind so together as a community all can gain empowerment through each other. It does not matter what type of abuse you have experienced: physical, sexual, verbal, emotional or neglect. It is all abuse and it takes a toll. So today Debbie starts the conversation using her care and compassion that she extends to all of you. She is DETERMINED NOW to change how the world views abuse. The journey out of abuse is hard; the freedom from abuse is priceless.

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