



## **KISS'D: Kept in Silence Surviving Divorce**

*LadyT*

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# KISS'D: Kept in Silence Surviving Divorce

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What do you do when you've been married to a man for 30+ years and he becomes a different person to you? You become afraid for your life but you're having a hard time of letting go, of deciding if you should leave. If you stay you may become a static, and/or victim. I chose to stay because we had longevity and years of memories, which was probably not a good reason. I didn't think of his name calling arguing, etc. as abuse and that's how we women trick ourselves. We don't equate the mental/emotional abuse in the same category as the physical abuse. Face it ladies, let's keep it real-we all get "I'm not letting another woman have what it took..." syndrome. KISS'D is a book written with separation/divorce, African American women and the abuse we suffer in mind, based on my experience. This is a straight to the point book about surviving the emotional and physical issues of separation and/or divorce. Kept in Silence Surviving Divorce because most women don't know what they are entitled to and in the case of abuse they don't report it for various reasons. African America women make up the biggest statistics; maybe that's why it's called an "unreported epidemic."

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