



Invincible: The 10 Lies You Learn Growing Up with Domestic Violence, and the Truths to Set You Free

Brian F. Martin

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In*vin*ci*ble: incapable of being overcome

"When you grow up living with domestic violence, witnessing those you love tear each other down with physical & verbal blows, your brain doesn't know how to deal with that."- Forward

The NFL and the Ray Rice case has shined a light on domestic violence, but what about those who grow up living with domestic violence?

According to UNICEF, growing up with domestic violence is one of the most pervasive human rights violations in the world, affecting more than a billion people. Yet, too few people are aware of the profound impact it can have. This is an opportunity to change that.

Invincible seeks to change this lack of awareness and understanding with a compelling look at this important issue, informing and inspiring anyone who grew up living with domestic violence--and those who love them, work with them, teach them, and mentor them.

Through powerful first-person stories, including the author's own experiences, as well as insightful commentary based on the most recent social science and psychology research, Invincible not only offers a deeper understanding of the concerns and challenges of domestic violence, but also provides proven strategies everyone can use to reclaim their lives and futures.

What did you learn growing up with domestic violence? Do you know how this has had an impact on your life? How have you dealt with it?

Today, are there certain things about yourself that you wish weren't true? Many of them aren't. They are lies you learned.

Invincible exposes the lies, reveals the truths, and offers the insight and the skills you need to go from feeling and acting:

Guilty to Free
Resentful to Compassionate
Sad to Grateful
Angry to Passionate
Hopeless to Guided
Worthless to Accomplished
Fearful to Confident
Self-Conscious to Attractive
Unloved to Loved

The truth is, no obstacle you will ever face can compare to what you went through as a child and have already conquered. The author is donating all net royalties to the Children of Domestic Violence Foundation (CDV).

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