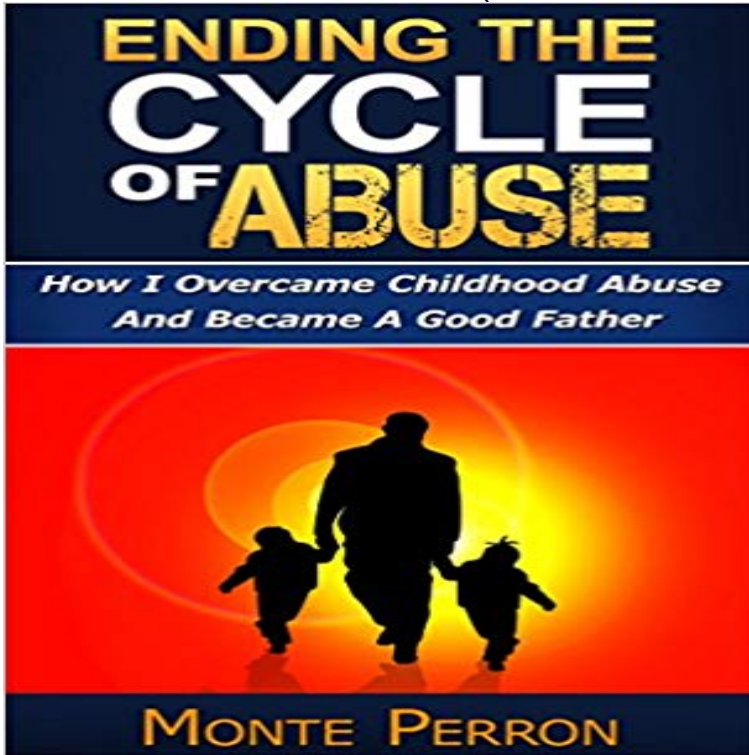


# Ending The Cycle Of Abuse: How I Overcame Childhood Abuse And Became A Good Father (How To Raise Great Kids)



I wrote this book to share a mindset that has helped me reach a goal that I set long before my first child was born. That goal was to be a good father and have the evidence of well adjusted, respectful, engaged, goal oriented, self-governing, assertive, grateful, and considerate kids. To sum it up I wanted to be an effective father and end up with great kids. That was no small task considering the fact that I was a victim of child abuse. This is a book about overcoming. For those who also experienced an abusive childhood it will provide hope. Those without that to overcome will also be encouraged. All readers will be empowered. It is a win win for parent and child alike! I often get compliments on the behavior of my children. For example, people say they are polite, or engaging, or thankful, or assertive yet humble. I get positive remarks about their hand shake, their people skills, and their work ethic to name a few. Am I bragging? Yes, but I am not doing so because I think I am super special. I am just repeating what I have heard. More often than not I respond to those compliments with this statement I purchased the good child option at the hospital. Of course, I say that in jest, but the entire time it is coming out of my mouth I am thinking that any father can do what I have done. My kids are easy to love, and have been their entire life. They are my credentials. In fact, the way they have turned out is the very reason you should read this book. I wrote this book to empower fathers. I was an abused child and I share some of my story as an encouragement. For the person who also suffered an abusive childhood this book will be a beacon of hope. Anybody who had a great childhood will also be greatly encouraged because they have way less to overcome. There is value in this book. Some of that value is in the form of tactics that I have used successfully. It is also

present in the hope of overcoming which is a common theme throughout the book. The greatest value is found in an attitude that will empower fathers to be more effective. I wrote this book in hopes that grandparents would give it to their children to help those that they love. I want my own kids to read it for exactly that reason.

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