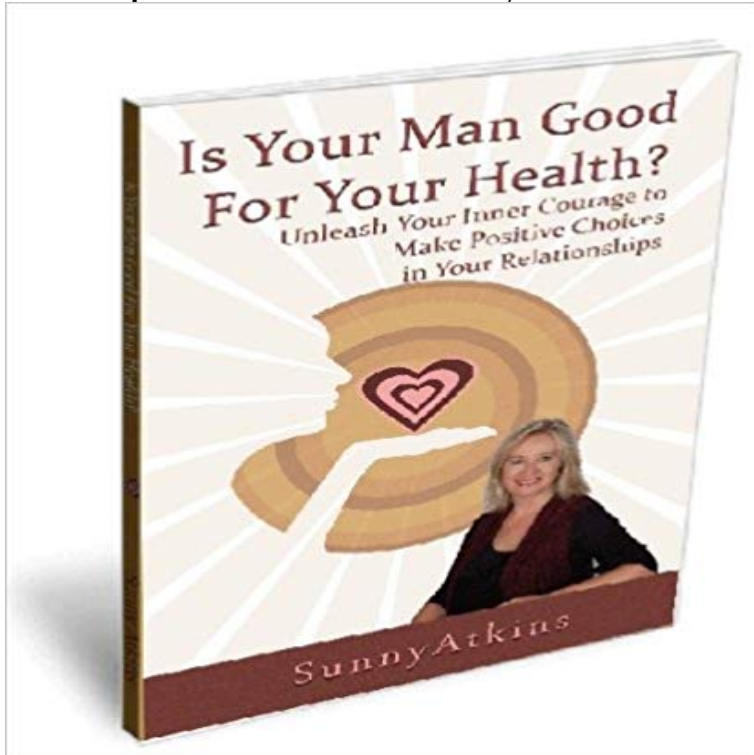


Is Your Man Good for Your Health? Unleash your courage within to make positive choices in your relationships



Is Your Man Good for Your Health? is an easy to read and powerful book about courage and hope. The author, Sunny Atkins, skillfully utilizes stories including her own painful story to show why a woman can be in an abusive relationship, how to get out of the relationship safely and also what family and friends can do to help. Is Your Man Good for Your Health? demonstrates the power of thoughts, both positive and negative and the importance of random acts of kindness. I highly recommend this book. Caroline A. Wadlin MD

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Jessica, It sounds like you have a pretty good relationship with your for your comments, they still hurt me and cause harm within me, and I cant take it anymore.