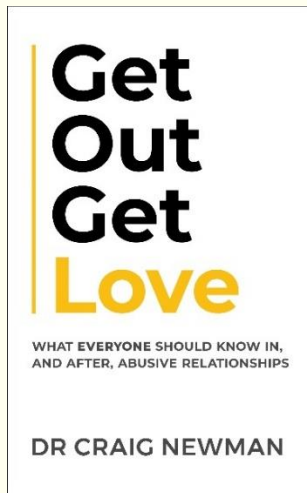


A ground-breaking, compassionate, and trauma-informed guide to understanding, escaping, and thriving after an abusive relationship from survivor and expert in the field, Dr Craig Newman.



GET OUT, GET LOVE

WHAT EVERYONE SHOULD KNOW IN, AND AFTER, ABUSIVE RELATIONSHIPS

By Dr Craig Newman

Sheldon Press | 20th July 2023

Trade Paperback | £14.99

"Craig speaks with compassion but also with authority, urging you to notice and to be awake, stay awake and to take action" - Anonymous

Every minute, more than 20 people in the UK or US are abused by their partner.

- Is this what they mean by abuse?
- Why am I tolerating such a bad relationship?
- Will I ever be able to get out and feel free?

If you have ever asked yourself any of these questions, you may be, or have been, in an abusive relationship, even without realising.

Get Out, Get Love is an essential guide to the journey that anyone who is in, leaving or has left an abusive relationship must undertake. It takes the reader through three key stages - gaining understanding (of the reasons we fall into abuse and why we tolerate it), getting out (escaping, breaking the cycle and staying away) and getting love (seeking closure, regaining trust, and developing self-love).

Unlike other books on this subject, *Get Out, Get Love* focuses uniquely on putting control of the narrative in your hands. By helping you understand yourself better, it will show you how to embrace both growth and change, to create a future of freedom and joy.

Author and psychologist Dr Craig Newman, who was himself in an abusive relationship, presents a supportive and proven recovery plan that has helped so many of his clients, and will help you, to *Get Out and Get Love*.

Your journey starts here.

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Craig Newman is a Chartered Clinical Psychologist with 23 years' experience in supporting transformation and personal growth. He is an experienced therapist and coach with expertise in pain management, neuropsychology and disabilities. He has worked in both the private and public sector, most recently providing NHS leadership and teams coaching. An award-winning innovator within the digital health sector, he has created a range of digital solutions that have gone on to improve the lives of both NHS staff and patients and was the driving force behind Project5, a free wellbeing service he set up to support NHS staff during the COVID pandemic.

Get Out, Get Love

With the support of government funding, Dr Newman has developed the 'Get Out Get Love' programme, available both as a book and a digital platform. The digital platform is accessible 24/7, completely private and brings a mix of over 100 recorded sessions, meditations, reflective exercises and monthly podcasts, making it ideal for survivors to take their own self-paced path along the recovery journey.

As well as being available to the general public as of March this year, Dr Newman hopes his programme will be adopted and funded by employers, legal advisors, charities and community support workers, who can spot when people are fleeing or recovering from abuse and signpost them to GOGL as the first step to help. To learn more about the 'Get Out Get Love' programme or how to support the service as it grows, visit www.getougetlove.com.

PRAISE:

'Wow, wow, wow. Get Out, Get Love is so powerful and such food for thought! If only I'd had access to this when I was in the midst of my toxic relationship. - **Anonymous**

'I think if I'd had access to Craig's 'warning signs' at the time, it would have definitely alerted me to the 'red flags' which were slowly and subtly building into the cycle where enduring increased drama, being blamed and accepting that blame became abuse.' - **Anonymous**

'I would just like to say this Get Out, Get Love resource has been invaluable to me, as I have only been left a short time. It has helped me make sense, realise, understand what I have been through and why I stayed as long as I did. It's not been easy - an emotional rollercoaster with a lot more ups & downs to come. Thank you for your guiding hand.' - **Anonymous**