



Free to Soar: My Journey Out of Abuse to Freedom

Rebecca Adams

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Within twenty-four hours after her wedding, Rebecca knew she had married the wrong man. Her husband, who had been kind and caring, suddenly became distant, and she began to see his true character—he was an abuser.

In the years that followed, Rebecca absorbed herself in the activities of life. Although she attempted to deny and ignore it, she and her children continuously endured every different type of abuse. Each year, things got progressively worse, and Rebecca's life soon came crashing down as she finally saw the reality of what her husband had become. Hopelessness and then depression set in. Yet, being terrified of her husband and not knowing what else to do, she stayed.

Finally, after more than twenty years of increasing abuse, Rebecca decided to leave. But even then, Rebecca wondered if her escape would be successful or if her husband would track her down and once again imprison her in his abusive clutches.

Join Rebecca on her journey through abuse to freedom. You will learn from her successes and failures and share her sorrows and joys. Through this gripping story, you will find hope and discover that like a bird set free from captivity, you, too, can begin a brand new life and be free to soar!

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