



# **Darkness to Light: One Woman's Story of Defeating Abuse and Living Life with Zest Again**

*Jane Fredrickson*

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From Darkness to Light is a story about abuse—both mental and emotional—and the fight to not only recognize it, but understand what to do about it. Based entirely on the author's real-life experiences in an abusive relationship, the book not only addresses the levels and steps of an abusive relationship, but also the difficulty of coming to terms with the facts, and then addressing them. Too many abused men and women refuse to admit that they're in an abusive relationship. When they do admit that they are, they're confronted with another wall: the challenge of finding a way out. In this memoir, the author explains her process of going from darkness to light—how challenging it was for her to admit to herself she was in a toxic situation. Three important phone calls saved her life, and forced her to realize that she needed out, and that she was the only person who could do it. Her hope is that reading the story will prompt someone—perhaps more than just one person—to realize that they can escape and move forward from a relationship like that.

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