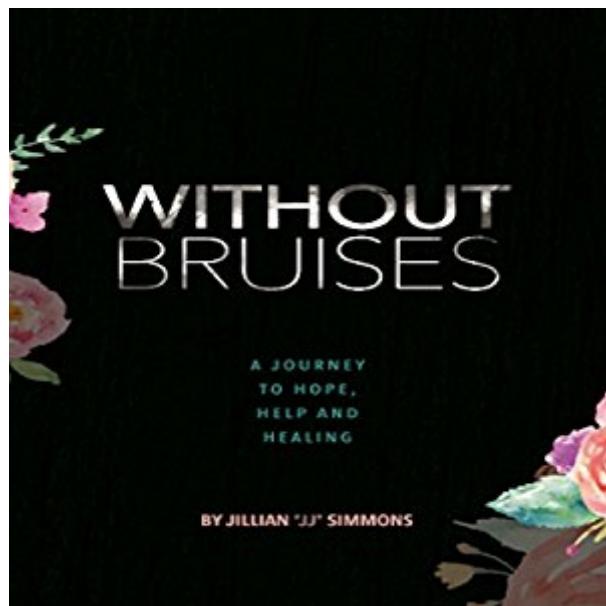


The book was found

Without Bruises: A Journey To Hope, Help And Healing



Synopsis

JJ knows what it means to have everything; a loving family, great friends, and an amazing, high profile job. She also knows what it means to nearly lose it all. Her voice hit the airwaves daily, entertaining listeners throughout the city, yet her personal life was crumbling before her eyes. By the time she had made her way through an abusive relationship, she no longer recognized the woman in the mirror. On the brink of losing her mind, her soul and her spirit, her life was hanging on by a thread. Without Bruises takes listeners on JJ's turbulent journey through a relationship with a sociopath and sheds light on the often missed signs of emotional and mental abuse. In a grueling, year-long battle with depression - and with the help of family, friends, and a life-changing therapist - JJ rises from the ashes better than before. She bounces back with a stronger sense of self, purpose, and power, and it is her mission to share a message of hope with the world. Without Bruises is a must-hear for anyone questioning the power dynamic in their relationship. It gives guidance and direction to those who have been bruised and broken at the hands of another person; and it offers compassion and understanding to those who love someone currently being abused.

Book Information

Audible Audio Edition

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Customer Reviews

This book was a great read. I got a chance to meet JJ at an event and decided to pick up her book. I didn't know what it was about when I started reading it, but then I could not put it down! I finished the whole book in two sittings. I always wondered why and how women stay in abusive situations, but this helped me to understand. I also recognized a pattern of mistreatment I've accepted as

normal in my own relationships. JJ's writing style was easy to follow and quite captivating. I would recommend this book to any woman who has ever been in a difficult relationship and to young women who are just starting to date. It is really brave of JJ to share such a personal story and the lessons she learned.

Your book has helped me tremendously in realizing that what I experienced was because of his mental disorders and was not all my fault. It is giving me the Power to feel as if I can speak on it and encourage and inspire others also. I have been embarrassed by what I went through for a long time and just haven't really spoke on it and tried to act like it didn't happen. I have gotten therapy as well but still need the healing time. Thank you for sharing your experience and what helped you get through it.

All I can say is WOW! This book only took me 2 hrs to read... A serious page turner! Her openness and transparency was brave and informative. Mental abuse is real and a silent shame of so many women. So many lives will be changed after reading this book.

Right on point with current information. Hopefully ladies will learn from this entertaining well written book.

Thanks JJ for sharing your story. As someone who knows you I am so proud of you. God bless you!

After the official release of "Without bruises" by Ms. Jillian Simmons, I saw that Taraji P. Henson was also releasing a book on being a victim of domestic violence, I couldn't help wondering what is going on in Black America relationship? Why only black women keep talking about the plight of domestic violence they endured because it touches all kind of people regardless of their background. From the very wealthy to the broke ass ones, but most Black public figures talk about it.* The other communities:, I have white female friends from different all social backgrounds whose reasons to go with non-white men was because they felt protected and loved. Many Caucasians women I have as a friend, were also victims of domestic violence but they simply never reported it and quit their relationship or marriage with what they called a settlement from their domestic partner.* The East-Indians example had a conversation with an east Indians couple. We had this conversation on domestic violence and it's prevalence. The guy told me, in front of his wife: I can beat my wife every day if I want to and she will never call the police on me. What we usually do in

our community, is that we call the elders and we meet as a group to fix the issue without our community without having the police or justice involved. The wife, who was an educated and independent women, was supporting her husband on his statement. Not saying violence in the couple is ok but to find solutions within the community before getting the justice and police involved.* A systemic issue Why some women stay in an abusive relationship sometimes? Based on my conversation with some females friends and I purposely conduct that conversation with some from Europe, the USA and some from South Africa, the ones who were comfortable told me that the reason they stayed in the abusive relationship were for the following:- the lifestyle the man was offering- the house they don't think they can either afford by themselves-... and the majority admitted that: the sex was too good and they were afraid not being able to experience it again... very weird reasons to stay right? I am sure you are wondering where I am going with all these examples, well after reading the introduction and the relationship the author described having with her mother, I already understood why she ended up experiencing some sorts of abuse. Most things we experienced in our romantic relationships are linked with the relationship we had or not with our parents. What I like most about the author writing is how highly she spoke about her relationship with her father . That made me praise the author even more.* A blueprint for love expression We also have to recognize that some/many black women don't have a good blueprint of what a loving relationship is because many of them grew up in a violent environment, and this is systemic when I look at a situation from an international perspective. My time spent in the US and talking with ladies, in my situation mostly black ladies, at least 65% of them had experienced rape or molestation before their turn 15. When it comes to black men, at least 30% experienced rape too from either women or men...and sadly it often comes from someone from their families or close surrounding. In conclusion, Without Bruises is an important read and must lead to more talks nationwide on how to spot signs that you are in a domestic abuse situation and teach the youth to never hide what they experience with their partner and very quickly to quit.. because the true expression of love is not to keep your lover prisoner of your whims and insecurities. Let's share our reviews so we can hear from other readers as well. Best.

This book could easily be read in less than a day. I applaud Jillian for her honest and transparent account of her journey. I recommend this book, which touches on generational issues, self esteem, and abuse; therapy, healing and restoration for women of all ages but especially young women. Kudos to this author and her willingness to share her path to self love.

Amazing testimony that you can come out on the other side better and brighter!

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