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Metamorphosis

*Journaling the Path from
Domestic Violence Victim to Victor*

Dr. Adwoa Akhu

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8 x 10, 402 pages, black-and-white illustrations,
journaling pages, exercises, & resources.

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, of gender, and it can take many forms, including physical abuse, sexual abuse, emotional, economic, and psychological abuse.

A clinical psychologist and domestic violence survivor herself, Dr. Adwoa Akhu, has built her practice helping domestic violence victims overcome their abuse to find fulfilling, loving lives. In her new book, ***Metamorphosis: Journaling the Path from Domestic Violence Victim to Victor***, Dr. Akhu offers a glimpse of her own story of domestic abuse and her expertise to those who may never walk through her office doors.

Married in the early 90's for nine years to an abusive controlling man, Dr. Akhu, speaks from experience. She rescued herself, and her then young daughter from a dangerous relationship. Dr. Akhu has walked-the-walk to overcome her own abuse and transformed herself from domestic violence victim to victor. Now, she is ready to share the successes of her journey and help others find a loving life, too.

Married today to her second husband and raising her second daughter, Dr. Akhu has a busy clinical practice in New York. For the past 20 years she has been providing comprehensive psychological services; 11 of those years to domestic violence victims, through her private practice.

Metamorphosis is a result of her personal journey and years of work supporting others. It is a journal designed book that contains stories from patients, self-help resources, skill building exercises, journaling space, a self-care kit for grief and depression, and much more. The book is a guide for those in who have left a domestic violence relationship and should be used as an accompaniment to therapy.

For more information on Dr. Adwoa Akhu visit www.drakhu.com.

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