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## Uplift Your Life: Nourishment of the Spirit

### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

**October 16th 2014: Beyond Illusion: Face the Truth and Save Yourself**

We all have illusions. When you're in an abusive relationship, the illusions become so overpowering that it's the equivalent of creating an alternate universe. The abuser sells their truth as the only perspective, denying the reality of the abused person. The abuser enters the other person's mind causing the abused person to question their own thinking. Since the abused wants desperately to have a happy, healthy relationship, they participate in the illusion, playing their part to create the fantasy that they are one happy couple and all is well in their world. Little by little, the abused get

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## Featured Guest

Guest Image

### Penny Haider

Penny Haider, a survivor of domestic abuse, is an author, former teacher and health services case manager with a Bachelor of Science degree in Community Service & Public Affairs. She is currently a successful business owner, fulfilling a life-long dream of working for herself. Penny is the author of No Contact: Ending a Destructive Relationship. She uses her experience to show others how to take charge of their life and break contact with an abusive partner. If you find yourself attempting to leave a destructive relationship but keep going back even when you know you shouldn't, No Contact will give you the tools to help you become stronger. Penny believes that making a life partner choice is

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