



# When Push Comes to Shove: How to Help When Someone You Love is Being Abused

*Lizbeth A. Meredith*

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Chances are, you've had a friend or a coworker or even a family member impacted by an abusive relationship. But do you know what to say, or maybe even more importantly, what not to say to him or her?

Now you will. *When Push Comes to Shove* gives you an insider's tips to supporting your loved one while staying safe and sane.

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