



# Philippa Sklaar

Survivor | Author | Speaker | Coach

*“Many people can speak and not write or write and not speak. You do both extremely well. You could easily write a screenplay and star in it”.*

John W Elman, Editor, Malibu Rotary Surfwriter, Secretary, Malibu Rotary Club

Philippa is a “Game Changer” in the speaking business for her ability to re-define perceptions and correct misconceptions on abuse. Her fusion of real-life stories, conversational techniques and sense of humor connect her with her audience at an intimate, intense and individual level. Her street-smart coaching skills transform the way women view themselves. She unravels the complexities of abuse and helps women understand that they need to look at themselves – with compassion and tough love. She helps them identify how they participate in the dance of abuse in ways that they don’t understand. They are not the problem but they are the solution and she shows them how. Philippa co-wrote *When Loving Him Hurts* and *The Affair*.

## The Dance of Abuse

It is commonly understood that the abused is a passive victim who has been unlucky in love. This is simply not the truth. Women participate in the dance of abuse in ways that they don’t understand. Almost without exception women in abusive marriages can describe incidents that happened prior to the marriage. Despite those incidents they married him anyway.

This presentation will explain the dance of abuse, co-dependency and the mutual participation of victim and perpetrator. As a result of this talk the participants will be able to identify specific skills and strategies on how to manage and heal from the abusive relationship.

*“We cannot see what we can’t understand.*

*Finally, a book about abuse that blazes a path through the complex dynamics of domestic violence and helps the one who is being hurt to look at herself - with compassion and tough love. To be strategic and smart. To choose herself.*

*This fairy tale busting, no-bullshit, no judgment gem of a book brings together the collaborative genius of a brilliant therapist and a courageous survivor of abuse and offers stories, strategies and solutions to one of the most misunderstood and intractable of human predicaments: when a woman loves a man who hurts her.*

*Compelling, insightful and utterly liberating. I wanted to stand and cheer when I finished reading it.*

*This book will save lives”.*

**-Joanne Fedler, international best-selling author and women’s rights activist.**



*“By sharing her painful journey, and those of other women who have endured pain and shame, Philippa Sklaar provides remarkable insight, guidance and hope for anyone trapped in an abusive relationship”.*

**Nadia Bilchik, CNN EDITORIAL PRODUCER**  
Author, Speaker and President of Greater Impact Communication