



# Trapped: A strong woman's triumph over abuse

*Sam Scarborough*

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**Trapped: A strong woman's triumph over abuse** Sam Scarborough

She was confident, beautiful and financially secure. When she arrived in London with her daughter and two bags, the future looked bright. She was hoping for a real and mature relationship, at last. But within days, things started to go wrong. Was he manipulating her? She wasn't sure. Maybe it was all in her head? She started a diary, evidence to reassure herself that she wasn't going mad. According to him, it was all her fault. This true story of an independent career woman's descent into abuse shows just how easy it is to lose yourself and just how painful it can be to recover. But it also proves that recovery is possible.

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