

## PRESS RELEASE

*Garbage Belongs at the Curb*: one woman's journey through marital hell.

Shelley Ross has a story to tell. It's a story of pain, conflict, heartbreak and regret – and it's ultimately a story of a mother's will to protect and triumph over iniquity. Those who have been fortunate enough to have lived in loving, fulfilling relationships may have a difficult time relating to Shelley Ross' story.

Those who have been unlucky enough to have endured the terror of an abusive relationship will immediately recognize the eggshells that she has walked cautiously upon. And they will recognize the marvellous sense of well-being, freedom and courage she has achieved as she finally managed to shed the yoke of emotional exploitation.

Shelley Ross was a single mother, with a young son Ned. She fell in love with Jack during the late 1990s when Shelley was caring for her mother, who had suffered a stroke. Jack used his charm to work his way into Shelley's heart. He paid particular attention to young Ned, creating a false sense of endearment.

Marriage ensued and, almost from the start, the emotional, physical and financial abuse began as Jack showed his true dominating, oppressive colours. His apparent love of Ned proved to be nothing more than a charade; in fact, Ned was continuously victimized by Shelley's husband. What happened over the following years brought Shelley to the brink of despair; the abuse was constant, the threats were real and, day by day, Shelley's self-confidence and sense of self-worth simply disappeared. Her life, her heart, her soul was shattered.

Was there a way out? Yes, there was – and Shelley Ross tells the heroic tale of emotional and physical escape in her first novel, aptly titled *Garbage Belongs at the Curb*. This is a story of one woman's journey through domestic hell. It's a story very familiar to those who have lived it themselves because it cuts to the core showing how emotional and physical abuse can heighten over time – and it goes a long way toward explaining the sense of entrapment that domestic abuse victims often feel.

Author Ross takes her readers through the “process” of abuse – how it can start, how it can grow to a point of no return, and how our police, courts and justice system can ultimately help, if they are called upon to do so. Ross knows very well how widespread and prevalent domestic abuse can be and she offers to her readers a comprehensive list of resources available to abuse victims across Canada.

Shelley Ross is now a free – and free-thinking – woman. She has many, many regrets because, as she herself acknowledges, she made some unwise choices that tore her family apart. Her son Ned is now a young man – a wonderful young man – who remains troubled to this day about the domestic horror he and his mother suffered through.

*Garbage Belongs at the Curb* is a very readable book. It's a story that must have been difficult for the author to tell. It's a story of one woman who had the will and the courage to shake off the chains of exploitation. And it's a book that serves as a very valuable resource as our society attempts to find ways to end domestic abuse.

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*Garbage Belongs at the Curb*

by Shelley Ross

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Available from the author or by contacting [www.volumesdirect.com](http://www.volumesdirect.com)