



My Darkest Hour: The Day I Realized I Was Abusive

Harold L. Turley

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In this groundbreaking memoir, *My Darkest Hour: The Day I Realized I Was Abusive*, Harold L. Turley II goes beyond identifying emotional, economical, and domestic abuse/domestic violence to prescribing a course of action for both the victim and abuser.

Coupling stories of how Turley was abused and inflicted abuse upon others, *My Darkest Hour* offers readers the tools needed to recognize a problem in a relationship and how to transform it. His testimony assures one that such a transformation is possible—given the desire to want to change.

Turley also gives advice on how to avoid abusive situations and different ways to channel one's anger. Combining practical applications and Biblical scriptures with his trademark support and assurance, Turley demonstrates how to empower oneself, release abusive behavior, and change life for the better.

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