



MANDIE SAFE HAVEN

WE ARE SURVIVORS

www.mandiesafehaven.com

Introduction:

A personal Note

I understand that not all abuse is sexual in nature, but wanted to talk or write short stories of physical, psychological and emotional abuse.

These stories may be part of your life as well, and wanted to give you ideas and more importantly hope, of how we can overcome our demons of destruction.

I want you to know that WE are here for you, if you want or need advice.

Some days, I wish I could do more by wrapping you up in a safe warm blanket and protect you from evil. Unfortunately, life doesn't work that way, so I offer you all my knowledge and insight of what other's have done to overcome their demons.

If you have ideas or thoughts you would like to share, please feel free to email me: mandiesafehaven@gmail.com

Prayers,

mandie

Real Stories:

How Survivors Defeated Evil

Maria's Story: The Courtroom Victory That Wasn't

Maria spent three years building a case against her ex-husband. She gathered evidence, found witnesses, hired lawyers she couldn't afford. She wanted justice—needed it like oxygen.

The day of the hearing, he showed up in an expensive suit with a better attorney. He lied smoothly, convincingly. The judge believed him. Maria lost custody of her kids every other weekend.

She drove home in tears, feeling like evil had won. Like all her preparation, all her truth, meant nothing.

But here's what happened next: Maria stopped making her ex-husband the center of her story.

She couldn't control the judge's decision, but she could control the two weeks a month her kids were with her. She made those weeks **magical**—not with money or gifts, but with **presence**. She listened. She **created safety**. She showed them, through actions not words, what real love looked like.

Years passed. Her ex continued his performance of fatherhood during his weekends—expensive trips, permissive parenting, buying their affection. It looked like he was winning.

Then her daughter turned sixteen and asked to live with Maria full-time. Then her son did the same at fourteen.

"We know the difference now, Mom," her daughter said. "Between someone who performs love and someone who actually loves us."

Maria's victory wasn't in the courtroom. It was in the quiet, consistent choice to be real when her ex was performing. It was in trusting that truth reveals itself, eventually, to those who matter most.

Her kids see clearly now. They know who sacrificed, who showed up, who loved without conditions.

The evil didn't win. It just took longer than Maria expected to see the victory.

James's Story: The Strength in Walking Away

James's father was a decorated police officer, beloved in their small town. Church-going. Charitable. A pillar of the community.

He was also James's abuser—beating him behind closed doors, then smiling for the cameras at community events.

For years, James tried to expose him. He told counselors who didn't believe him. He told relatives who called him ungrateful. He tried to tell his story, but his father's reputation was a fortress.

At 18, James left. No dramatic confrontation. No final accusation. He just... left.

His father told everyone James was troubled, rebellious, on drugs. The town believed him. James struggled—bouncing between jobs, battling depression, feeling like his father had won everything while James lost even his hometown.

But James made a decision: He would build a life his father could never poison.

He moved across the country. Went to therapy—real, deep, painful therapy. Learned construction, found he was good with his hands. Started his own small renovation business. Met a woman who'd also survived abuse. They built something honest together—a home where anger wasn't currency, where love didn't come with conditions.

Years later, James got a message. His father had been arrested. Another victim—a neighbor's kid—had come forward with evidence, a recording. The fortress crumbled. The town finally saw what James had always known.

People reached out to James, apologizing, asking if he felt vindicated.

His answer surprised them: "I stopped needing vindication five years ago."

Because James's victory wasn't in his father's downfall. It was in the life he'd built despite him. The peace he'd found. The cycle he'd broken.

His father lost his reputation, his career, his freedom. But James had already won something bigger: **He'd reclaimed himself.**

The young man who left town broken had become a man who helped others rebuild their homes—and in doing so, had rebuilt his own life from the foundation up.

Evil didn't win. James just stopped measuring victory by his abuser's standards.

Lisa's Story: The Promotion That Changed Everything

Lisa's boss, Richard, was textbook predatory. Inappropriate comments. "Accidental" touches. Implications that her career advancement depended on her... flexibility.

She reported him. HR did an "investigation" that went nowhere. Richard was too valuable, brought in too much revenue. Lisa was told to "work it out professionally" and "not be so sensitive."

She watched him get promoted. Watched him get bonuses. Watched him do the same thing to the new intern.

Lisa felt powerless. She needed the job, couldn't afford to quit. Every day felt like swallowing poison and calling it water.

Then something shifted. Lisa started documenting everything—every comment, every incident, every time HR dismissed her concerns. She joined online communities of workplace abuse survivors and learned she wasn't alone, wasn't crazy, wasn't overreacting.

She also started building an exit strategy. Took night classes. Updated her resume. Applied to jobs in different industries where her skills transferred.

It took two years, but she finally landed a position at a competitor—with a 30% raise and a female boss who'd built her career on supporting other women.

Before she left, Lisa did something that terrified her: She posted a detailed, factual review on workplace transparency sites. No emotional language. Just documented incidents, dates, and HR's responses. She carbon-copied it to the company's board of directors.

Three months later, she heard through former colleagues: Richard was fired. Two other women had come forward after reading Lisa's account. The company faced a lawsuit. HR was restructured.

But here's the thing: Lisa didn't wait for that to feel victorious.

Her victory was the day she accepted the new job. The day she walked out of that toxic building for the last time. The day she realized she'd rather start over than keep dimming her light to make a predator comfortable.

When she heard about Richard's firing, she felt... nothing. Not satisfaction, not vindication. Just a quiet acknowledgment that truth had caught up to him.

Because Lisa had already moved on. She was thriving in an environment that valued her. Building the career she deserved. Mentoring young women entering her field, teaching them what red flags looked like, showing them they had options even when it didn't feel like it.

Evil didn't win. Lisa just stopped waiting for permission to save herself.

David's Story: The Brother Who Became a Stranger

David's older brother, Marcus, was golden. Athletic. Popular. Successful. And behind closed doors, he'd tormented David their entire childhood—physical abuse, psychological torture, destroying David's belongings and friendships for sport.

Their parents saw Marcus as perfect, David as the "difficult" one who was "too sensitive" and "always starting drama."

As adults, Marcus built a real estate empire. Married into a prominent family. Became the success story their parents bragged about at every opportunity.

David became a middle school teacher making a fraction of Marcus's salary. Family gatherings were torture—Marcus's veiled insults, the comparisons, the way he still found ways to humiliate David in front of everyone while making it look like brotherly teasing.

For years, David endured it. Because they were family. Because his parents expected it. Because leaving meant admitting defeat.

Then David's nephew—Marcus's son—started showing signs of the same anxiety David had battled his whole life. The same flinching. The same desperate people-pleasing.

David saw his childhood in that little boy's eyes.

That's when something crystallized: **His silence was enabling Marcus to create a new victim.**

David made the hardest choice of his life: He went no-contact. He told his parents why—calmly, clearly, with examples. They didn't believe him, called him vindictive and jealous.

He went anyway.

His parents took Marcus's side. David lost family gatherings, holiday traditions, the approval he'd spent his life chasing. It felt like losing everything.

But something unexpected happened: David's students noticed the change in him. He was lighter, more present. His teaching improved. He started a support group at school for kids dealing with bullying and family trauma.

One day, he got a call. His nephew, now seventeen, wanted to meet. Away from Marcus.

Over coffee, his nephew said: "You leaving made me realize I could leave too. You showed me it was possible."

The kid was applying to colleges across the country. Planning his own escape. He'd been watching David for years, seeing that someone who'd survived Marcus could actually build a good life.

David never got an apology from Marcus. Never got his parents to see the truth. Marcus still thrives in business, still plays the perfect son.

But David became the person he needed when he was young. He broke the cycle not by defeating Marcus but by refusing to participate in the performance anymore.

Evil didn't win. David just realized he'd been playing the wrong game all along.

The real victory wasn't Marcus's downfall—it was David's freedom, and the nephew who learned that escape was possible.

If you're struggling with the aftermath of abuse, please reach out for support. You don't have to walk this path alone. Visit [Mandie's Safe Haven](#) for resources and community.

Curtis Brown – Author, Strategist, Creator

Curtis Brown is a versatile writer and strategist who has worked with everyone from Fortune 500 giants to small, family-run businesses. With a background in marketing, research, and content creation, Curtis is passionate about helping individuals and entrepreneurs create lasting change from the inside out.

As co-founder of [**Mandie's Safe Haven**](#), Curtis partners with his wife, Mandie Brown, to provide resources and tools for emotional healing, personal transformation, and sustainable business growth.

Curtis writes across genres—including business, self-help, fantasy, and personal development—with a focus on mindset, mastery, and purpose-driven action. His mission is to simplify powerful ideas and deliver them in a practical, inspiring way for readers who are ready to elevate their lives.

"Knowledge is not power... unless manifested."

~ Curtis Brown

Published Works by Curtis Brown:

Business & Professional Development

The Premium Shift: How to Build and Sell High-Ticket Offers That Transform Lives

Turn Your Expertise Into a Scalable \$5K, \$10K, or \$25K+ Offer That Sells

 **Ignite: How to Spark Relentless Motivation and Keep It Burning**

 **Becoming the Author: Reclaim Your Story, Align Your Life, and Lead with Purpose**

 **"Hire Me, How to Develop & Master the Business Acumen Skills for the Future!"**

 **Built to Elevate: Mastering the Inner Game of Growth**

 **The Affiliate Escape Plan: Without the BS**

Build an Honest Online Income Through Authentic Affiliate Marketing

 **Plug & Play Profits**

The Beginner's Guide to 10 AI Niche Businesses—Even If You're Not Tech-Savvy

 **Faceless Fame**

How to Build a Profitable YouTube Channel Without Showing Your Face

 **Personal Growth & Psychology**

 **From Shadows to Strength:: A Survivor's Guide to Overcoming Abuse**

 **From Broken to Whole: Mindfulness for Survivors**

 **You Are the Masterpiece: Designing a Life of Meaning, Creativity, and Inner Power**

 **Unshakable: The Courage to Fight for What Matters**

How Everyday Rebels Rise, Resist, and Rewrite the Rules

 **Practice, Purpose, Power: The Hidden Code of Mastery**

How Excellence is Built, Not Born

All In: The Psychology of Relentless Commitment

Mastering the Warrior's Mindset That Wins

The Connected Coach

The Human Art of Listening, Guiding, and Transforming Lives

If It's Broken—Blow It Up!

How to Transform Your Life Through Radical Change

12 Proven Steps in Conquering Your Fears

Mental Health & Healing

The Overthinking Cure

Meditation Techniques for Quieting Your Mind

Rewired: Using Hypnosis to Change Habits, Heal Trauma, and Transform Your Life

Includes 20+ scripts and real-life success stories

Rebrand Yourself Through Hypnosis

11 Proven Hacks to Get What You Want in Life

Breaking the Silence: Understanding Female-Perpetrated Abuse Against Men

Relationships & Connection

Tethered: The Invisible Threads That Make Love Last

The Art of Conscious Connections

Fiction & Storytelling

Putting the Genie Back in the Bottle *(Fantasy)*

✱ **Rising: A Survivor's Tale** (*Sci-fi / Fantasy*)

🧠 **Maligowen: The Last Spirit Walker**

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Your results will depend on various factors including your skills, experience, effort, individual circumstances. Any case studies, or references are not typical and are not meant to represent a promise or guarantee.

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