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Lire des ebooks Il m'a volé ma vie Morgane Seliman PDF, ePub, mobi, « Une heure, déjà, que le compte à rebours a débuté. Je me dépêche de faire mon repassage. Après, j'aurai trop mal.

— Trente minutes !

J'ai encore mal au crâne des coups d'hier.

— Dix minutes !

Je prends mon fils dans les bras pour aller le coucher. Je ne veux pas que mon bébé sente ma peur. Yassine a mis de la musique pour couvrir le bruit.

— Viens là !

Trois pas.

— Mets les bras le long du corps !

J'ai l'impression que mon cœur va exploser. Une claque, deux, puis les coups de poing. Quand je tombe, il passe aux coups de pied.

— Je t'en supplie, arrête !

J'essaie de me protéger comme je peux, roulée en boule. »

Ces scènes de violence, répétées et programmées, Morgane Seliman les a subies pendant quatre ans. Aujourd'hui, avec courage, elle témoigne de ce cauchemar quotidien, mais aussi de la difficulté de partir, de s'éloigner, d'oublier et de se reconstruire.

Un témoignage rare sur les violences conjugales et les mécanismes de l'emprise psychologique.

En France, chaque année, plus de 200 000 femmes âgées de 18 à 75 ans sont victimes de violences physiques et/ou sexuelles

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