

## You Can't Run: The Terrifying True Story of a Young Woman Trapped in a Violent Relationship

Mandy Thomas

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### You Can't Run: The Terrifying True Story of a Young Woman **Trapped in a Violent Relationship**

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"He would say to me, 'You can't stop me – no one can!' There was no let-up from his evil. I knew he would never stop, so I just had to do what I could to survive."

Mandy Thomas was just 18 when she met the man who would change her life forever. She was soon under his spell – and then her real nightmare began. Mandy found herself part of a cruel and violent relationship that she couldn't escape. Until one day he went too far...

You Can't Run is Mandy's searingly honest and moving true story.



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