Choosing Not to Hate

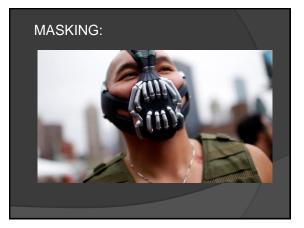
'Ignorance leads to fear, fear leads to hate and hate leads to violence. This is the equation'.

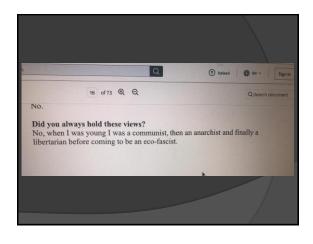
Why I chose to hate Generational Abuse, Bullying Identity Isolation Community Ideology Protection

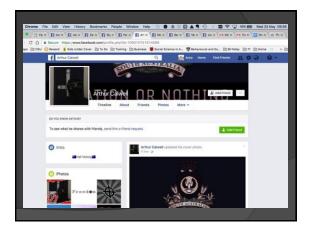






















Preventing #violentextremism, and #coercivecontrol #highlighting need for #research into #perpetrators & drivers - #ACEs, social & #mentalhealth #resiliency

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