

ABOUT DR. ANA NOGALES

Dr. Ana Nogales



Ana Nogales, Ph.D. is a clinical psychologist, founder of Nogales Psychological Counseling, Inc., and Clinical Director of the nonprofit organization that she founded, Casa de la Familia, established for victims of crime such as rape, sexual assault, child sexual and physical abuse, human trafficking, and domestic violence. She practices in Los Angeles and Orange Counties, supervising a clinical program of forty bilingual/bi-cultural mental health professionals and an outreach and engagement program.

Dr. Nogales is also the President of ALMA, Association for Latino Mental Health Awareness in Orange County and a board member of Women's Transitional Living Center, Multi Ethnic Task Force, and Las Comadres para las Americas.

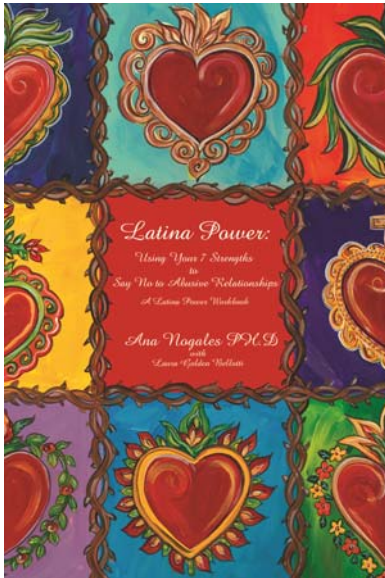
The author of several books, Dr. Nogales' newest release is *Parents Who Cheat: How Children and Adults Are Affected When Their Parents Are Unfaithful* (HCI Books). Her previous books include *Latina Power! Using the Seven Strengths You Already Have to Create the Success You Deserve* (Simon & Schuster) and *Dr. Ana Nogales' Book of Love, Sex and Relationships, A Guide for Latino Couples* (Broadway Books).

Dr. Nogales has been featured regularly in the media, particularly on Univision and Telemundo, where she has hosted her own talk show. For seventeen years, she wrote a weekly column for *La Opinión* (Los Angeles) and several other magazines. She has been a featured speaker at numerous workshops and conferences throughout the US, including the Women, Power and Peace Conference at the Omega Institute and the Women's Foundation.

In 2009, Dr. Nogales was the recipient of the Heritage Humanitarian Award by the United States International Mission and One Million Kids and was honored as Amazing Woman of the Year by the National Association of Women Business Owners. She received the Latina Entrepreneur of the Year Award from the National Latina Business Women Association in 2007 and was presented with the Humanitarian Award by SOKA GAKKAI INTERNATIONAL and SGI-USA in 2006. Her life and accomplishments have been featured in the exhibit "Latinas: The Spirit of California" at the California Museum for History, Women, and the Arts, in Sacramento since 2005.

ABOUT THE BOOK

Latina Power: Using Your 7 Strengths to Say No to Abusive Relationships



A Latina Power Workbook By Ana Nogales, Ph.D. With Laura Golden Bellotti

Ana Nogales, Ph.D., 2010
ISBN: 978-0-9705274-6-2

When fear, intimidation, and cruelty are present in a woman's relationship, she can no longer be the person she was meant to be. This Workbook represents a healing journey—from a life of domestic abuse to one that is free from such abuse. Readers will learn to develop their 7 Latina Power Strengths so that they will be empowered to create a life that is free from domestic violence.

Latina Power: Using Your 7 Strengths to Say No to Abusive Relationships includes:

- ❖ Explanations of how the 7 Latina Power Strengths can be used to overcome a life of domestic abuse—namely:
 - Espíritu Creativo to Create a Life without Violence
 - Aguantadora's Determination to Draw the Line between Acceptable and Abusive Behavior
 - Atrevida's Courage to Admit You Can't Change Him—Only Yourself
 - Comadre's Networking Skills to Reach Out to Those Who Can Help
 - Malabarista's Balance to Put Your Own and Your Children's Needs First
 - Diplomática's Discretion to Devise Your Plan of Action
 - Reina's Confidence to Enjoy Your Life and Help Other Survivors of Domestic Abuse
- ❖ Exercises and Affirmations that help readers practice the 7 Strengths
- ❖ Guided Imagery Sessions that invite readers to experience each of the 7 Strengths
- ❖ Stories about women who have made the transition from being in an abusive relationship to enjoying an abuse-free life
- ❖ Practical information and resources for women facing domestic abuse

The author's hope is that this Latina Power Workbook will empower women to make the life-saving changes they so deserve. She deeply believes that they have the strengths within them to do just that!

HONORS

Awards & Commendations

Ana Nogales, Ph.D. is a clinical psychologist, founder of Nogales Psychological Counseling, Inc., and Clinical Director of the nonprofit organization that she founded, Casa de la Familia, established for victims of crime such as rape, sexual assault, child sexual and physical abuse, human trafficking, and domestic violence. She practices in Los Angeles and Orange Counties, supervising a clinical program of forty bilingual/bi-cultural mental health professionals and an outreach and engagement program. The author of numerous books, Dr. Nogales' newest release "*Latina Power: Using Your 7 Strengths to Say No to Abusive Relationships. A Latina Power Workbook*" (Ana Nogales, Ph.D., 2010 – ISBN: 978-0-9705274-6-2)



2009 Heritage Humanitarian Award by United States International Mission and One Million Kids



NATIONAL ASSOCIATION OF
WOMEN BUSINESS OWNERS

2009 Amazing Woman of the Year Honoree by National Association of Women Business Owners, Inland Empire Chapter



2007 Latina Entrepreneur of the Year Award from the National Latina Business Women Association, Orange County



Soka Gakkai
International-USA

2006 Humanitarian Award by SOKA GAKKAI INTERNATIONAL and SGI-USA

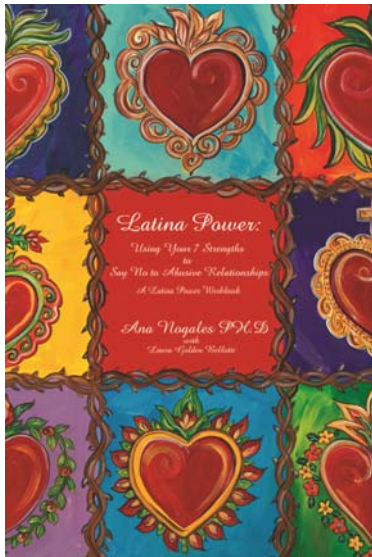


2006 Commendation for Outstanding Service to Crime Victims from the Los Angeles District Attorney, Steve Cooley.

- **2005 Outstanding Service to the People of the County of Los Angeles**
- **2005 Remarkable Women Award** from National Association of Business Women.
- **2004 Paloma Award** from Future Leaders of America for "Inspirational Leadership in Serving the Community"
- **2004 Mentorship Award** from the organization Dialogue on Diversity for "Career Contributions, through Writing, Teaching, and Counseling."
- **1994 Commendation for "AQUI ENTRE NOS" Radio Show** by L.A. County Board of Supervisors

Q&A With Dr. Ana Nogales

Latina Power: Using Your 7 Strengths to Say No to Abusive Relationships



In *Latina Power: Using Your 7 Strengths to Say No to Abusive Relationships* (Ana Nogales, Ph.D., 2010), readers will learn to use their 7 Latina Power Strengths to create a life free from domestic violence. In working through the exercises and guided imagery sessions, practicing the affirmations, reaching out to organizations and resources that can help, and reading about women who made the transition from being in an abusive relationship to enjoying an abuse-free life Ana Nogales, Ph.D. offers guidance and empowers reader's natural strengths.

Q: Why is it often difficult for abused women to leave an abusive relationship?

A: There are a number of reasons why women often choose to stay with an abusive partner: financial considerations, cultural and religious pressures, fear of being alone, fear of retaliation, wanting to have a father in the home for their children, and last but definitely not least – love for their abuser. It is hard to discount the love a woman may still feel for her partner, even one who has hurt her. One of the objectives of this *Latina Power Workbook* is to guide readers as they strengthen their love and respect for themselves. This will help them to make the right decision about staying or leaving.

Q: What are “Latina Power Strengths” and how can they help a woman who wants to “say no” to abusive relationships?

A: In Latino culture, women are appreciated for a number of important strengths, including courage, determination, discretion, and reaching out to others in times of need. Latinas are known for being strong enough to withstand tremendous hardships. *Latina Power* is about harnessing those strengths to pursue our life goals. By tapping into their Latina Power Strengths—qualities they already have within them—women will not only be able to say “No!” to an abusive relationship, they will be able to say “Yes!” to a peaceful, fulfilling, and happier life.

Q: Why do you call this a Workbook?

A: The reader is invited to do more than just read. She can write down her thoughts about what's going on in her relationship, create a “play” in which she has a dialogue with herself, make lists that help her “draw the line” between abusive and acceptable behavior, fill in the blanks concerning how she might respond in certain dangerous situations, and complete an important “what to take if I decide to leave” memo to herself.

Q: Each of the 7 Strengths is associated with a particular type of woman, which you say every Latina has within her. Can you give an example of how one of these “types” uses her strength to “say no” to an abusive relationship?

A: Being an *atrevida* means facing your fears and daring to do what is not easy. It means having the guts and the energy to say, “I’m going to be courageous enough to make my own vision a reality.” Women in an abusive relationship can use this empowering trait to admit that it is pointless to try to change an abusive partner—and, instead, begin changing themselves. This is not to say it will be easy. Before abused women can make such changes, they need to face their fears, which are very real. But drawing on their *atrevida*’s courage will help them deal with those fears. And in the course of the *Workbook*, they will take steps to develop and strengthen their courage.

Q: Women who are experiencing domestic violence often feel extremely isolated. How will this Workbook help them feel less alone?

A: Not only will I be their advisor as they go through the process of learning to “say no” to abusive relationships, they will also connect with the stories of women who have been through what they are now going through. Learning that other women have “been there” and managed to say no to domestic violence—and finding out how they can do so as well—will be inspiring and empowering. That’s what *Latina Power* is all about – reaching out and sharing your power with others.

MORE BOOKS



By Ana Nogales

Parents Who Cheat: How Children and Adults Are Affected When Their Parents are Unfaithful
(HCI Books, 2009)



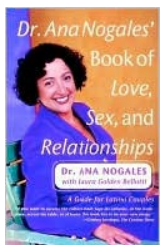
Ana Nogales, Ph.D., combines her reflections from her thirty-five years of clinical practice with her current research, to reveal the profound effects on children and adult children when one parent betrays the other. *Parents Who Cheat* explains how a child's perception of love and marriage can be forever altered, how self-esteem and trust are often severely damaged, and why adult children whose parents were unfaithful often choose unfaithful partners or become unfaithful themselves.

Latina Power! Using 7 Strengths You Already Have to Create the Success You Deserve
(Simon & Schuster, 2003)



In this empowering guide, Dr. Ana Nogales encourages Latinas to move beyond their expected roles and become the women they wish to be by embracing the seven traits they inherit naturally from their Latino culture. Filled with the personal stories of successful Latinas, including novelist Isabel Allende, TV journalist Cristina Saralegui, and *Latina* magazine founder Christy Haubegger, *Latina Power* inspires readers to vigorously pursue their own dreams.

Dr. Ana Nogales' Book of Love, Sex, and Relationships
(Broadway Books, 1999)



In this compassionate, practical, and long-awaited book, Dr. Ana Nogales provides wisdom and insight for the millions of Latinos who find themselves caught between two worlds -- the traditions of their Latino upbringing and the demands of modern American society. Exploring how cultural attitudes and social pressures affect the way Latinos relate to those they love, Dr. Nogales describes the challenges Latinos encounter as they grapple with what can often be a difficult and wide cultural divide.