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The Brave Pen Launches Lyndal Ash's Coercive-Control Mini-Memoir as Catalyst for Global Domestic Violence Advocacy

The Brave Pen launches "Love's Hidden Abuse: One Woman's Journey from Silence to Strength," a mini-memoir by Lyndal Ash that underpins a broader global advocacy platform, funding retreats, education programs, and speaking engagements on coercive control and non-physical domestic abuse.

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Photo: Lyndal Ash

BRISBANE, AUSTRALIA / February 16, 2026 — The Brave Pen Pty Ltd has released “Love’s Hidden Abuse: One Woman’s Journey from Silence to Strength,” a mini-memoir by Lyndal Ash that reframes domestic abuse as a strategic business and leadership issue as much as a social one. The book chronicles Ash’s eight-year experience of coercive control and non-physical abuse and marks the first phase of a broader platform that includes speaking, retreats, and education programs designed to help workplaces and communities recognize hidden violence.

A seasoned C-suite executive and one of Australia’s top income earners, Ash is using her pen name to separate her advocacy from an ex-partner who continues to track her more than a

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decade after she left, underscoring the long tail of non-physical abuse. In the book, she details how manipulation, isolation, and relentless psychological control systematically eroded her autonomy — even as she thrived professionally — highlighting that domestic violence cuts across class, status, and career success. Ash positions herself not as a victim, but as a survivor who has “taken back the power” and now treats her story as an asset to mobilize awareness and change.

“Not all wounds show bruises,” Ash writes, noting that coercive control can scramble a person’s ability to think clearly, make decisions, and live beyond survival mode. Drawing on her own childhood shaped by adversity, trauma, and abuse, and her adult experience of non-physical abuse, she illustrates how trauma can compound over a lifetime, shaping risk, vulnerability, and relationship choices. Her narrative aims to help readers recognize patterns long before they escalate, whether they are directly in a harmful relationship or watching someone they love struggle with behavior that does not fit the stereotype of “violent” abuse.

Ash’s advocacy emerges at a pivotal regulatory moment. Australian states, including New South Wales and Queensland, have recently criminalized coercive control. New South Wales, on the other hand, has seen its first jail sentence imposed solely for this pattern of behavior, signaling a shift in how legal systems categorize non-physical domestic abuse. May is Australia’s Domestic and Family Violence Prevention Month. The release of her mini-memoir aligns with this evolution in a timely manner, translating legal and policy shifts into lived examples that readers, particularly young women, family members, and professionals working closely with women, can recognize in everyday life.

“Love’s Hidden Abuse” is also the strategic backbone of Ash’s next chapter as a founder and speaker. Revenue from the book will help fund quarterly women’s retreats and education initiatives that focus on: helping people identify whether they are in abusive relationships; equipping community professionals who frequently work with women to spot hidden signs of coercive control; and providing tools for survivors to safely reclaim their autonomy and rebuild their lives. Ash is also exploring podcast appearances and global speaking engagements to extend the reach of her message, particularly in May and October—months dedicated to domestic violence awareness in Australia and internationally.

“I want a 17-year-old girl reading this to recognize the warning signs in her first relationship, or a sister to finally understand what’s happening behind closed doors,” Ash explains in conversation about the book’s purpose. She emphasizes that her goal is to sell books not solely for profit, but to underwrite programs that make it easier for survivors to leave—without judgment and with practical support.

“Love’s Hidden Abuse: One Woman’s Journey from Silence to Strength” is available via Ash’s official website at <https://lyndalash.com/>, which also provides curated resources on domestic violence support, coercive control, and upcoming speaking and retreat opportunities. The Brave Pen channels proceeds from the book and related projects into domestic violence

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awareness and victim support initiatives, operating on the belief that storytelling—backed by sustainable revenue—can drive both personal healing and systemic change.

About The Brave Pen

The Brave Pen Pty Ltd is a mission-driven publishing initiative focused on amplifying stories of resilience and advancing awareness of domestic violence, trauma recovery, and survivor advocacy. By prioritizing authentic, survivor-led narratives and reinvesting proceeds into awareness programs and victim support services, The Brave Pen aims to bridge the gap between individual storytelling and structural change.

The organization operates across Australia, the United States, the United Kingdom, Europe, the Middle East, and Asia, tailoring its advocacy and content to diverse audiences while maintaining a core commitment to empowering survivors and their communities.

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