



Maria Blomqvist Shares Her Truth: A Powerful Story of Psychological Abuse, Control and Survival

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Why do people stay in relationships that harm them?

It is a question often asked by those on the outside, yet the answer is rarely simple. Behind every abusive relationship lies a complex reality shaped by fear, love, hope, manipulation and control.

In *En vacker dag lämnar jag honom*, Maria Blomqvist tells her personal story of living in a relationship marked by psychological and physical abuse. Above all, however, it is a story about the invisible forms of control that gradually erode self-worth and make it extraordinarily difficult to leave.

The book was not written solely to recount what happened. It was also written to document a reality that many people struggled to believe.

“I wrote this book to tell my truth. For a long time, I was told that I was exaggerating, misunderstanding, or even lying about what I was experiencing. When no one wanted to listen, writing became my way of documenting what had actually happened. I hope this book can offer recognition, strength and hope to others living in similar situations, while also helping people better understand how psychological abuse works and why it is often so difficult to recognise from the outside.”

Maria Blomqvist

Through her deeply personal account, Maria Blomqvist offers readers a rare insight into the psychological mechanisms that keep people trapped in destructive relationships and reveals why leaving is rarely as straightforward as it may appear.

The Reality Behind the Statistics

Domestic abuse and intimate partner violence remain global societal challenges affecting people across all countries, cultures and social backgrounds. Despite increasing awareness and international efforts to address the issue, many cases remain hidden, and countless stories are never told.

En vacker dag lämnar jag honom gives a voice to the experiences behind the statistics. It demonstrates how abuse can manifest in ways that do not always leave visible scars, yet profoundly affect every aspect of a person's life.

Both a personal memoir and an important testimony, the book speaks not only to those who have experienced abusive relationships themselves, but also to family members, friends, professionals and anyone seeking a deeper understanding of the complex dynamics that underpin domestic abuse.

Book Information

Title: *En vacker dag lämnar jag honom*

Author: Maria Blomqvist

Genre: Memoir / Autobiographical Narrative

Publisher: Lind&CO

About the Author

Through her own lived experience, Maria Blomqvist has gained profound insight into the impact of psychological and physical abuse on individuals and families.

Through her writing, she aims to raise awareness of domestic abuse, shed light on the often invisible mechanisms of coercion and control, offer hope to those who cannot yet see a way out, and contribute to an important conversation about how we raise the next generation, particularly our sons, to build healthy relationships founded on respect, empathy and personal responsibility.

For Media Enquiries or Interview Requests

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