

Domestic Abuse Survivor Launches Podcast to Empower and Help Abuse Victims



New York City, New York Mar 11, 2024 ([IssueWire.com](https://www.IssueWire.com)) - According to the World Health Organization, one in three women has been a victim of physical or sexual abuse, and unfortunately, domestic abuse cases continue to increase. However, one survivor is taking a stand to support women globally through a new empowerment platform. Katie Mares, best-selling author and speaker has launched a groundbreaking [podcast](#), Ladies Take Control, dedicated to helping women facing challenging times.

[Ladies Take Control](#) went live on March 8th, marking a significant step in providing support and resources for abuse victims. The inaugural episode features Katie's courageous story, where she candidly shares her experiences of abuse endured in past relationships. Despite grappling with self-doubt, Katie is resolute in becoming a beacon of hope for others and fostering a supportive community through her podcast. Produced by Women in Media Network, the podcast aims to be a catalyst for change and healing.

Moreover, the Ladies Take Control app is slated for release in early summer, extending the platform's reach and impact. The app, alongside the podcast and community, serves as a lifeline for women who have been silenced, oppressed, and rendered powerless by abuse.

Ladies Take Control offers a comprehensive array of accessible resources, including courses, masterminds, coaching, and spiritual guidance. Daily inspirations and community chats facilitate continuous personal development and support for women on their journey toward empowerment and healing.

For media inquiries, interview requests, or further information on Ladies Take Control and Katie Mares' inspiring journey, please don't hesitate to reach out to us. We would be delighted to arrange interviews or provide additional details.

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