

# CC: The Booklet — Exposing Coercive Control and Empowering Survivors Through Knowledge

*Konstantina Dimitra Mahlia's groundbreaking guide sheds light on invisible abuse, offering education, advocacy, and empowerment to victims and allies alike.*

NEW YORK, NY, UNITED STATES, November 3, 2025 /EINPresswire.com/ -- In CC: The Booklet — The Foundation of All Abuse, author and advocate Konstantina Dimitra Mahlia confronts one of the most pervasive yet least understood forms of violence in modern society: coercive control. Both an educational tool and a call to action, this essential resource defines, documents, and dismantles the insidious systems of psychological manipulation that underlie emotional and domestic abuse—abuse that until recently remained unseen, unacknowledged, and unpunished.

Coercive control, now recognized as a felony in ten countries and nine U.S. states, represents what Mahlia calls “the liberty crime”—a violation of a person’s fundamental right to autonomy and freedom. With landmark legislation in California and Canada acknowledging its impact, awareness of this hidden abuse is finally gaining ground. CC: The Booklet serves as both guide and guardian for those seeking to understand how coercive control manifests, how it devastates lives, and how to fight it with knowledge and legal support.

Designed to be more than a book, CC: The Booklet functions as an interactive journal, legal reference, psychological roadmap, and educational resource. Mahlia invites readers to engage directly—documenting patterns, reflecting on experiences, and learning to recognize the warning signs of manipulation and domination. The book empowers readers to gather evidence, seek support, and reclaim their sovereignty, while offering professionals in law, psychology, and social work a deeper lens through which to identify and respond to abuse.



Cover of CC The Booklet - The Foundation of All Abuse by Konstantina Dimitra Mahlia

“Information is power,” says Mahlia. “Once we can see coercive control for what it is—the foundation of all abuse—we can name it, fight it, and prevent it. Every person, regardless of gender, culture, or background, deserves the right to live free from invisible imprisonment.”

Her work bridges law, sociology, and lived experience, translating complex social issues into actionable understanding. Through clarity and compassion, CC: The Booklet equips readers with tools for self-protection and advocacy. It stands as both a legal and emotional lifeline for victims, while educating communities about the patterns that perpetuate harm.

By defining coercive control as the root from which emotional, physical, and systemic abuses grow, Mahlia lays the foundation for a new era of awareness—one where silence is replaced by strength and isolation by empowerment.

The book is now available — secure your copy here: <https://a.co/d/7N68ijv>

For review copies, interview requests, or additional information, please contact:

Konstantina Dimitra Mahlia  
BrightKey PR  
[konstantina@mahliacollection.com](mailto:konstantina@mahliacollection.com)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/863982214>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.