

**TAYLOR ARMSTRONG**  
**TOPIC DESCRIPTIONS**

**HIDING FROM REALITY: MY STORY OF LOVE, LOSS & FINDING THE COURAGE WITHIN**

In this captivating talk, Taylor Armstrong relates the deeply personal story of how she found herself in a relationship of inequality, her struggle with both deep love and fear of her husband, and how she summoned the courage from within to finally leave him. In her characteristic witty, lighthearted manner, Armstrong also shares illuminating—and even humorous—aneecdotes, both about life (good and bad) with her husband, as well as her experiences as a cast member on *The Real Housewives of Beverly Hills*, where she often found herself battling with friends who struggled to understand the extent of her abuse. Armstrong shares:

- Contributing factors in creating a relationship based in domestic violence—self-esteem issues, financial inequality, and abuse—and how to recognize when you or a friend may be in an unhealthy relationship.
- Insights for friends and family of domestic abuse survivors who may not understand the complicated relationship between abuser and abused. Armstrong illustrates this with stories from her experience on *Real Housewives*, where many of her own close friends questioned the abuse because she still expressed love for her husband.
- The importance of finding one’s voice and the courage from within to get out of an abusive relationship.

This is a must-hear speech for anyone whose life has been touched by domestic abuse, from survivors and family members to support professionals.