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Morc Coulson is senior lecturer in Sport and Exercise Science at the University of Sunderland. He is the author of a number of books for fitness professionals including, The Advanced Fitness Instructor's Handbook (2008), Practical Fitness Testing (2009) and The Complete Guide to Personal Training (2013).

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The Survivor ' s Handbook provides practical support and information for women experiencing domestic abuse, with simple guidance on every aspect of seeking support. The terms “ victim ” and “ survivor ” are both used, depending on the context. “ Survivor ” is, however, preferred as it emphasises an active, resourceful and creative response to the abuse, in contrast to “ victim ” , which implies passive acceptance.

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