



Press Release

This Week On 3rd Degree: Tuesday 9 August @ 8pm

Rearranging the Spots

"I grabbed her by the hair and pulled her around, shouted and screamed in her face," these are the chilling words of Bearnárd O'Riain. To most a loving husband and successful businessman, but behind closed doors a dark legacy of violence and abuse stretching back over 30 years. Bearnárd O'Riain is an abusive husband. He beat his wife Verne many times in their 25-year marriage but miraculously they are still together.

The chilling tale is told in his new book, *Running to Stand Still*. It's also a story of enduring love, an extraordinary tale of a family at war with one another and the bitterness that lurks behind their love.

3rd Degree meets this couple and asks where they are now. Years of counseling have allowed Bearnárd to delve back into his history and heal past pain.

"If my story can help one abuser like me to end the cycle of violence, then the book is worth it," he says.

This week on **International Women's Day**, **3rd Degree** lifts the veil on the conspiracy of silence and hears Bearnárd's heartbreaking story. It's also a story of recovery, of Verne's trust and love and their mutual discovery of the roots of violence and provocation.

Don't miss **3rd Degree**, on **Tuesday 9 August**, only on **e!**

For further information and pictures, please contact:

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