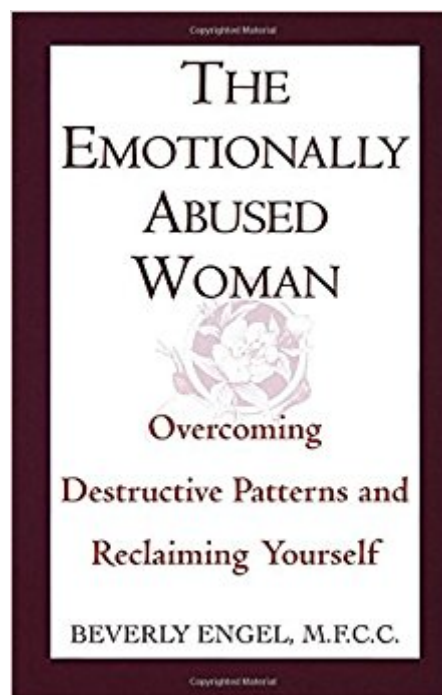




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The Emotionally Abused Woman: Overcoming Destructive Patterns And Reclaiming Yourself (Fawcett Book)



Synopsis

If you feel unfairly criticized, controlled by others, or are afraid of being lonely, you could be suffering from emotional abuse. Now there is help in this compassionate sourcebook. Beverly Engel, a marriage, family, and child therapist, guides you through a step-by-step recovery process to help you heal the damage done in the past.

Book Information

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Customer Reviews

If you feel unfairly criticized, controlled by others, or are afraid of being lonely, you could be suffering from emotional abuse. Now there is help in this compassionate sourcebook. Beverly Engel, a marriage, family, and child therapist, guides you through a step-by-step recovery process to help you heal the damage done in the past.

Beverly Engel, MFCC, is a nationally recognized psychotherapist and sex therapist with over 30 years of experience, as well as a bestselling author. She is the author of *The Right to Innocence*, *The Emotionally Abused Woman*, *Partners in Recovery*, *Encouragements for the Emotionally Abused Woman*, *Families in Recovery*, and *Raising Your Sexual Self-Esteem*. She has shared her expertise on *The Oprah Winfrey Show*, *The Phil Donahue Show*, *The Sally Jessy Raphael Show*, and *Ricki Lake*.

Out of all these types of books, this one was by far the most helpful. There's nothing glamorous

about it, its small and doesn't seem outwardly like it would be anything different. But the content was very helpful. Highly, highly recommend - for men and women.

This book is amazing. And it's so helpful for anyone who's been bullied in their relationships by their partners/spouses whomever. If you're struggling, I implore you, read it. It could change your life.

This book has a great deal of information. Much of its content is pertinent and can be a wonderful reference to various people. Some of the content is very 'victim blaming'. I think after reading it several times and discussing it with other individuals it would be nice to have a revised addition that didn't focus so much on destructive patterns but more on response. I believe far too often our contemporary American culture negates the actions of the abusers and tries to change the behavior of the victim; this type of literature is helpful to those who have survived abuse yet it continues to perpetuate problems. I think overall the subject matter is as hardy as a loaf of sourdough bread, but a considerable amount of advice within this text can be harmful to those that have or are still experiencing abuse and should be taken with a grain of salt! On another note, I superficially like the recent cover with white and purple as opposed to the older one with off-white/yellow & black bold title.

This book is so right on in every way! It addresses what emotional abuse is, why we choose to get in these kind of relationships, looking at the past/family, and how to deal with the problems today in constructive, appropriate ways. I highly recommend it if you feel you or a friend needs to learn more about relationships that aren't working or aren't equal. You may be surprised at what you learn, especially if you've been in denial. A real eye-opener.

Taking notes from this book helped me to realize what I'm doing wrong even when I think the guy is "different" AND helped me talk a friend out of going back to an abusive ex. She is SO getting this book for xmas

She claimed it helped her.

Is this you?? You might be surprised. What we learn to put up with can define and confine us. This is a very good investment in yourself.

good self help book

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