



The Emotionally Abusive Relationship: Abusive Relationships And How To Defend Yourself From The Abuser (Abusive Relationships, Emotional Abuse, Verbal Abuse, Verbal Self Defense)

Michele Gilbert

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Have You Had Enough?!

Are You Mad Enough?

You Don't Deserve This Abuse!

So what can you do?

In this book are strategies for understanding and identifying abusive individuals.

Being able to understand abusive behavior and identify its first stage, verbal abuse, is the key to freeing yourself from the grasp of an abusive person.

By identifying verbal abuse as it occurs, you can possibly avert the chance of verbal abuse escalating into physical abuse.

To begin to understand abuse, you must understand why people become abusive.

Secondly, you must learn the consequences of abuse.

Thirdly, you will learn what forms verbal abuse takes within the bounds of an intimate relationship.

And, finally, how to manage and free yourself of the pain caused by an abuser

Are you are ready to take the first steps towards freedom from verbal abuse?

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Then let's get started!. Gaining knowledge is an empowering experience and can lead to greater personal freedom and self-fulfillment.

Learn...

- Understanding an Abuser
- The Consequences of Abuse
- Abuse in an Intimate Relationship
- Managing the Pain

Would You Like To Know More?

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Gary Rose:

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James Jones:

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Heather Killen:

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