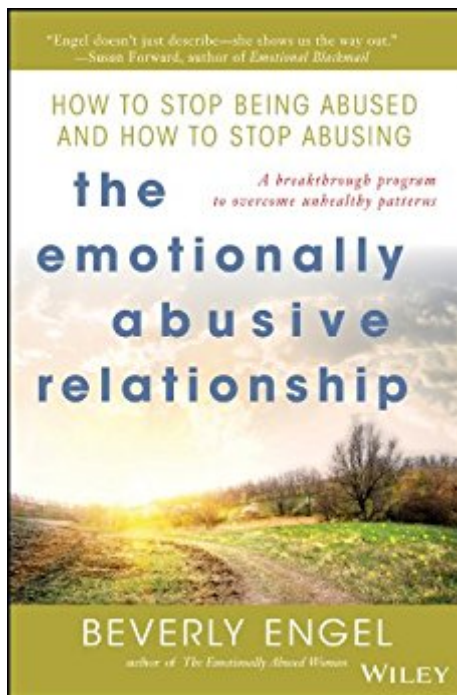




The book was found

# The Emotionally Abusive Relationship: How To Stop Being Abused And How To Stop Abusing



## Synopsis

"Engel doesn't just describe-she shows us the way out." -Susan Forward, author of *Emotional Blackmail* Praise for the emotionally abusive relationship "In this book, Beverly Engel clearly and with caring offers step-by-step strategies to stop emotional abuse. . . helping both victims and abusers to identify the patterns of this painful and traumatic type of abuse. This book is a guide both for individuals and for couples stuck in the tragic patterns of emotional abuse." -Marti Loring, Ph.D., author of *Emotional Abuse* and coeditor of *The Journal of Emotional Abuse* "This groundbreaking book succeeds in helping people stop emotional abuse by focusing on both the abuser and the abused and showing each party what emotional abuse is, how it affects the relationship, and how to stop it. Its unique focus on the dynamic relationship makes it more likely that each person will grasp the tools for change and really use them." -Randi Kreger, author of *The Stop Walking on Eggshells Workbook* and owner of [BPDCentral.com](http://BPDCentral.com) The number of people who become involved with partners who abuse them emotionally and/or who are emotionally abusive themselves is phenomenal, and yet emotional abuse is the least understood form of abuse. In this breakthrough book, Beverly Engel, one of the world's leading experts on the subject, shows us what it is and what to do about it. Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you. *The Emotionally Abusive Relationship* will tell you how to identify emotional abuse and how to find the roots of your behavior. Combining dramatic personal stories with action steps to heal, Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse. By teaching those who are being emotionally abused how to help themselves and those who are being emotionally abusive how to stop abusing, *The Emotionally Abusive Relationship* offers the expert guidance and support you need.

## Book Information

File Size: 6378 KB

Print Length: 272 pages

Publisher: Wiley; 1 edition (August 8, 2007)

Publication Date: August 8, 2007

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B000PY4IKE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #87,489 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Mental Health > Compulsive Behavior #26 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness &

Dieting > Counseling & Psychology > Mental Health > Behaviour #84 inÃ Â Kindle Store > Kindle

eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Sexual Abuse

## Customer Reviews

This author and therapist gives the finest advise for couples mired in this dance. She is a rare voice of compassion and hope amid what is generally an onslaught of condemnation for abusers. Thank you for this update!

Engel places a lot of blame on the parents, which is not true in my case, and at times she seemed trying to convince me that I was incorrect about that. However, this gave me a lot to consider and good tools to use in my relationships.

illuminates the abused and the abuser. both parties should definitely give this a go. will really open your eyes to behavior you had no idea was abusive. highlight or take notes. if you've been through this sort of turmoil, you should have this book in your house and refer to it as needed to educate yourself or others you love.

Because of this book, I learned how to respect myself and my partner.

Very interesting book - and written for both the abused and the abuser... from a very respectful perspective. If you're in an emotionally or verbally abusive relationship - this book might be helpful to read.

Good reading to make good choices

Awesome! ...as usual. Very Satisfied!

I like the way the author goes through different scenario's throughout her studies & you get to be outside of the picture & see all of the different ways from different aspects that you see in your relationship. Great Book/workbook.

[Download to continue reading...](#)

The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing You  
Don't Have to Take it Anymore: Turn Your Resentful, Angry, or Emotionally Abusive Relationship  
into a Compassionate, Loving One The Emotionally Abused Woman: Overcoming Destructive  
Patterns and Reclaiming Yourself (Fawcett Book) Psychopath Free (Expanded Edition): Recovering  
from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People  
PSYCHOPATH: Psychopath, Learn How To Deal With A Psychopath And Free Yourself From  
Emotionally Abusive Relationships ! Psychopath Free: Expanded Edition: Recovering from  
Emotionally Abusive Relationships with Narcissists, Sociopaths & Other Toxic People Emotionally  
Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature  
The Verbally Abusive Relationship, Expanded Third Edition: How to recognize it and how to respond  
It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence, 2nd Edition But  
He'll Change: End the Thinking That Keeps You in an Abusive Relationship Helping a Friend in an  
Abusive Relationship (How Can I Help? Friends Helping Friends) Coping with An Abusive  
Relationship Como Ayudar a Un Amigo En Una Relacion Abusiva (Helping a Friend in an Abusive  
Relationship) (Como Puedo Ayudar? Para Eso Estan los Amigos (How Can I Help) (Spanish  
Edition) Abusive Relationship: My Attempt to Escape From Professional Wrestling Stop Smoking:  
Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop  
Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) The Emotionally  
Destructive Relationship: Seeing It, Stopping It, Surviving It The Emotionally Destructive  
Relationship Abusing Over the Counter Drugs: Illicit Uses for Everyday Drugs (Illicit and Misused  
Drugs) Abusing Donor Intent: The Robertson Family's Epic Lawsuit Against Princeton University  
Clinical Work with Substance-Abusing Clients, Third Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

