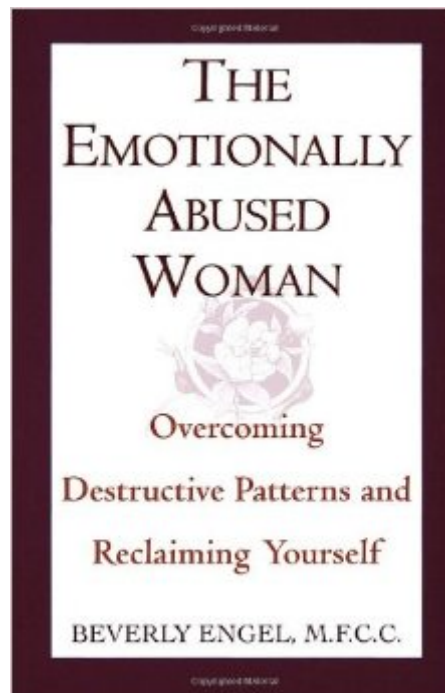


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The Emotionally Abused Woman: Overcoming Destructive Patterns And Reclaiming Yourself (Fawcett Book)



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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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (154 customer reviews)

Best Sellers Rank: #24,885 in Books (See Top 100 in Books) #13 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #39 inÂ Books > Health, Fitness & Dieting > Mental Health > Codependency #66 inÂ Books > Self-Help > Abuse

Customer Reviews

It can take years, even a lifetime, to heal from emotional abuse. The author, Beverly Engel, lets us know within the first pages that she has endured a history of abuse, and from this background, she has made her career choices, mainly, to become a therapist helping others in similar circumstances. The abused person is often taken by surprise, emotionally involved before the abuse fully takes hold. The abuser often has a two-sided personality, referred to as Jekyll and Hyde - one charming and intelligent and likeable, the other a cruel and perverse tormentor. Engel writes: "It is often difficult for a woman to admit that she is indeed being emotionally abused, particularly if she is competent and successful in other respects... many women who are being emotionally abused do not even realize what is happening to them. Many suffer from the effects of emotional abuse - depression, lack of motivation, confusion, difficulty concentrating or making decisions, low self-esteem, feelings of failure, worthlessness, and hopelessness, self-blame, and self-destructiveness - but do not understand what is causing these symptoms." The process seeps into the psyche like a slow poison, rearranging our ability to cope. "She has become so beaten

down emotionally that she blames herself for the abuse. Her self-esteem is so low that she clings to her abuser."Which is perhaps the hardest to understand, by the woman herself as well as family and friends who keep asking - "Why do you stay? Why do you put up with it?" - and never find a rational answer. There is none. Engel explains, "Emotional-abuse victims become so convinced they are worthless that they believe no one else could possibly want them.

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