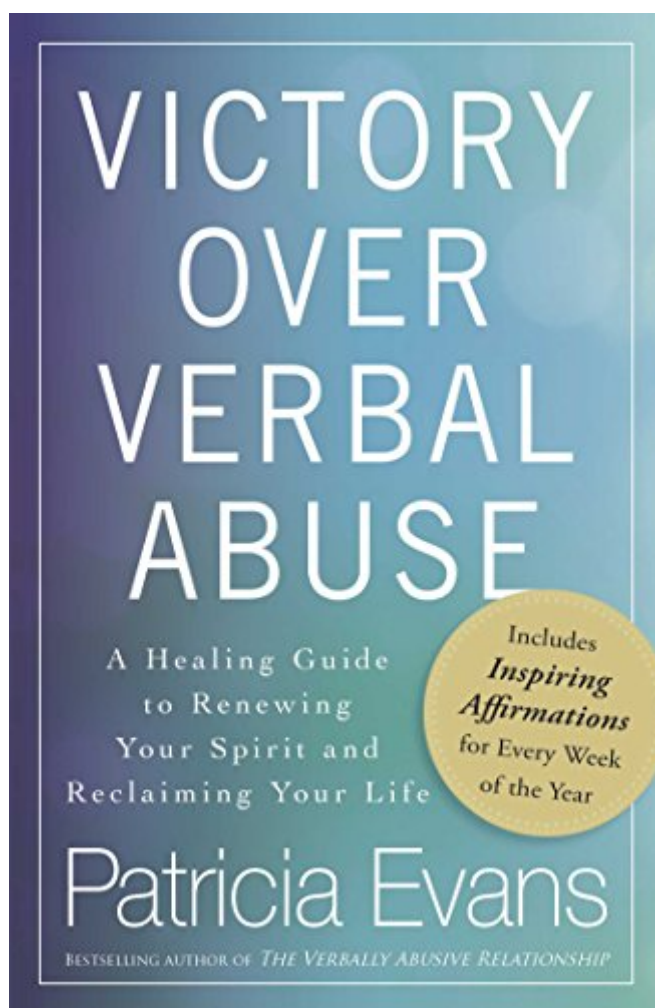


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Victory Over Verbal Abuse: A Healing Guide To Renewing Your Spirit And Reclaiming Your Life



Synopsis

"You're too sensitive." "You'll never amount to anything." "You're crazy." If this is what you hear--from your spouse, your parent, your boss--then you've been the victim of verbal abuse. This insidious behavior permeates our culture--from the privacy of our own homes to the public glare of our schools, workplaces, and other institutions. But you don't have to live with it. In this groundbreaking companion to her bestselling *The Verbally Abusive Relationship*, acclaimed public speaker, educator and author Patricia Evans brings you the tools you need to triumph over verbal abuse, no matter where or how you encounter it. She'll guide you step by step through a powerful healing process that provides:

- A thorough review of available therapies
- Strategies for dealing with abusers
- Positive messages of support and encouragement
- Inspiring affirmations for every week of the year

With Patricia's help, you'll achieve the clarity you need to build a new life--far from senseless accusations, wounding words, and confusing comments that have taken an untold toll on your psyche. You'll find validation, and learn to believe in yourself--and a better future--once more.

Book Information

File Size: 2533 KB

Print Length: 240 pages

Publisher: Adams Media (November 18, 2011)

Publication Date: November 18, 2011

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B0063HY5M8

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #72,201 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42 in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #180 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Dysfunctional Relationships #352 in Kindle Store > Whispersync for Voice > Parenting & Relationships

Customer Reviews

I found in this book a clear path to recovery. As a person who has experienced first hand the effects of verbal abuse, I can say that Ms. Evans' book brings with it validation and the tools necessary for one to recover and rebuild the self after experiencing this type of psychological trauma. This book provides a space for healing to those who have had their minds warped by verbal abuse. She makes it very evident that verbal abuse is not just saying mean things to someone. There is brainwashing, destroying one's self-concept, the use of power and control to suppress attempts of assertiveness on the victim's part, plus many more examples of covert and overt abuse. Victory over Verbal Abuse is filled with a variety of healing therapies and guidelines. You will learn how to heal, not just cope with the aftereffects of abuse. With weekly affirmations that instill a positive foundation in your day to day, followed by specific exercises to aid you step by step over a period of time, you are sure to reclaim the life you were meant to have.

I haven't gotten through the whole book as yet, but I will say that reading the first handful of pages struck a chord with my reality to the point where I sat and cried. I know and purely understand no one is perfect, and that doesn't leave any room for excuses. However, knowing how to face a really tough issue with someone whose life story has quite a few bumps in it as well really does help and this far, I believe Ms. Evans' book is a true gem.

I started by reading The Verbally Abusive Relationship and found the book insightful and informative so I went searching for more books by Ms Evans. I ordered this one and The Verbally Abusive Man Can He Change and neither of them has disappointed me. I have learned how subtle abuse can manifest itself, so subtle it goes passes for normal but is fatal to a healthy relationship. I recommend it to anyone who want to know more about this devastating form of control.

Patricia Evans is a superb writer. I learned so much through this book. It is written with deep insight into abusive relationships. Some parts of the book brought tears to my eyes because it was as if she was writing my story. She not only explains abusive relationships with clarity, she also explains how to get through them in a positive way. I would have given the book more stars if I could have. ALSO: Please go to her website: [...] for more valuable information.

Verbal abuse is almost impossible to deal with while keeping your sanity. Patricia Evans is well known for her work with abusive relationship survivors and this book was helpful to me to keep my

sanity and finally get out of such a relationship.

I've read most of Evans' other books on verbal abuse and this one seems to be mostly a repeat of what's in the others. I especially liked 'The Verbally Abusive Relationship' which is worth reading as many times as it takes to get it into your head that what you are experiencing is not normal and not worth sticking around for. Having grown up in an abusive household, I related to most of it in one way or another but had never recognized the situations for what they were: abusive. I am 68 years old.

If you need support and clarity and to know there is light at the end of the tunnel and a way out if you are living a verbally abusive relationship here is a book which, like a friend, guides you out to freedom and safety. Helps you realise you are not what you are being made out to be and you're just fine!

I bought this for a good friend that was having trouble in her marriage. She said it was an "eye-awakening" book. she said she learned a lot from this book. It helped her to understand how to respond to her husband. If my review helped you decide, please leave a yes click. Thank You.

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