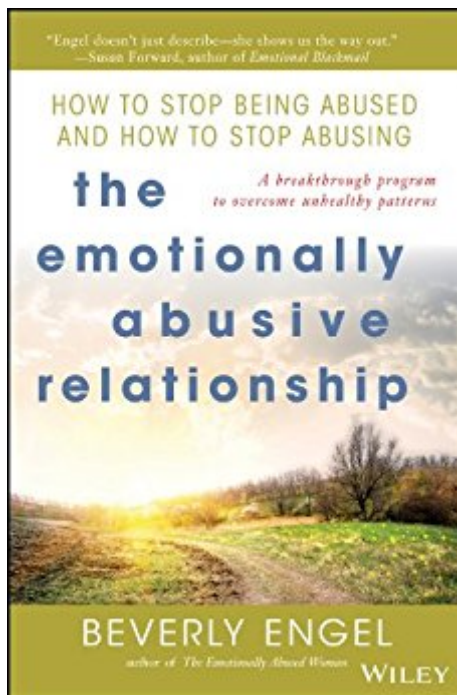




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# The Emotionally Abusive Relationship: How To Stop Being Abused And How To Stop Abusing



## 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

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## **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.

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