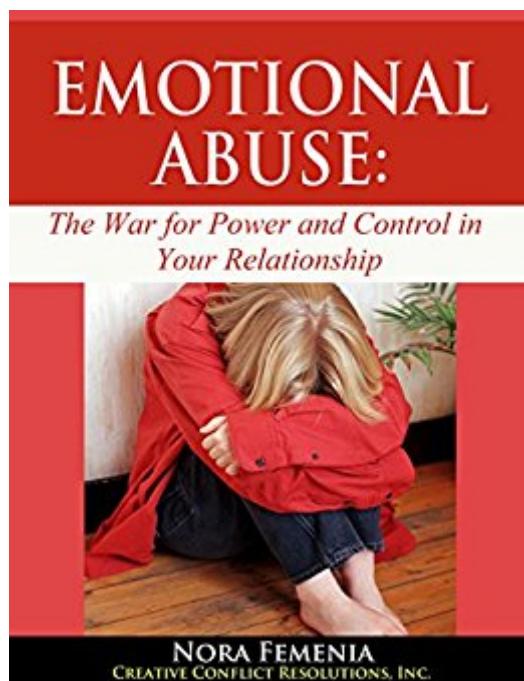


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# Emotional Abuse:: The Hidden War For Power And Control In Your Relationship (Healing Emotional Abuse Book 1)



## Synopsis

When we are in search of a deep emotional connection, this need can be so important to us that we become blind to the danger signals sent by the other person's behaviors. We try to be emotionally connected, but the person we love has serious needs to be in control to feel connected...and feeling loved gets confused with being abused, fast. It can get to the point when we are not sure what the difference between love and emotional abuse is, don't recognize obvious emotional abuse signs or are not sure how to do emotional abuse recovery. In this book, readers are invited to understand the core notions of emotional abuse and emotionally abusive relationships, and their differences with a loving, secure relationship. It begins with definitions and explanations of why an emotionally abusive marriage happens, then works its way up to helping the reader analyze if she is in an abusive relationship. The book helps the reader find her own thoughts about her personal situation (or that of a friend), together with real, vivid stories of women who have survived abuse and grown from it into full people. You might think that emotional abuse is easy to spot or define. But the reason so many people suffer from an emotionally abusive marriage is that it is hard to tell what is abusive and what is not, because lots of abuse is framed under "care." You have to ask whether your partner is hindering your development as an adult by the use of excessive control. You have to ask yourself whether or not the person you love is hurting you. A marriage has to be an equal relationship, but using control between partners destroys this balance and prevents their individual growth. Here is useful information about ways to decide if what you are experiencing is care or abusive control. By addressing the signs of spousal emotional abuse, Nora shines a light on this painful issue. For readers needing support in healing emotional abuse, the next book of this series: "Breaking Free from Emotional Abuse: How to Restore Your Joy by Healing Your Life," will continue the support of the emotional abuse healing process.

## Book Information

File Size: 1523 KB

Print Length: 72 pages

Publisher: <http://creativeconflictresolutions.com>; 2 edition (July 25, 2014)

Publication Date: July 25, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00MBPPFBG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #139,428 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #78

inÂ Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #105

inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Parenting &

Relationships #128 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling &

Psychology > Mental Health > Sexual Abuse

## **Customer Reviews**

As I have begun working on my own self improvement, I have realized that there are unhealthy patterns that I carry with me into each relationship. Working on creating healthier relationships has required me to ask deeper questions about who I am and the types of healthy relationships I want to attract into my life. Nora's book requires us to think long and hard about the patterns we perpetuate that give abusers an open door into our lives. She asks us to examine the pattern itself so that we can identify the personality traits that attract abusive people and begin to rework those patterns for healthier results. You will wonder what took you so long to find this book!

This book covers the whole spectrum of abusive relationships. It includes how to recognize abuse in its early stages, how it ties in with low self esteem on the part of the abused and abuser, and how to take steps to leave the relationship if you choose. Coping skills include both internal and external ways to cope. You can build your self esteem by questioning the abusive comments, telling yourself you do not deserve abuse, and acknowledging your good qualities. External coping includes pampering yourself and developing a support system. Nora does more than just list the skills you need. She tells you how to work around the barriers that your abuser and low self esteem can create to make it hard. There have been many self help books written on abusive relationships. However, this one gives the victims everything they need to understand their situation, understand themselves, and take healthy actions.

I can not stress enough how great this book is! It does not only raise an important issue of emotional abuse, but also provides keys of how to recognise it and how to stop being a victim in the abusive

relationships. Unfortunately abusive relationships are very common, but we do not always recognise the signs. After you read this book you will be able to recognise the signs and be able to help yourself or your friend to escape from this relationship, and recover. It is never easy, but with the tips and strategies in this book it is possible.

This was a really eye-opening book. Unfortunately I know someone that is in an emotionally abusive relationship, so I started researching ways to help her and came across this book. It detailed many of the common characteristics of these types of relationships. I do like that it covered leaving the relationship as well as staying, and went over aspects of both decisions. I am going to send this book to my friend and hope that it gives her the courage she needs to face this decision.

This has given me the answers I've been searching for. I had no idea what was wrong until I came across this book. Now I know what I'm dealing with and don't feel so powerless anymore.

If you are looking for a book to help sort of the confusion in your head whether it is an emotional abuse or not...this is THE book to read .

Nora's book gives practical tips for dealing with very complicated relationships. Rather than leaning on leaving the abusive partner deals with the more difficult choice of staying in the abusive relationship on purpose. She says that sometimes there's no choice. And one might choose to stay with the abuser in hopes of helping them heal because the abuser usually moves on to their next victim. This is a fairly bold, interesting approach to a desperate problem.

Enlightening

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