



Emotional Abuse: How Emotional Abuse Hurts and How To Heal After Being Emotionally Abused (Coping With Emotional Abuse Book 2)

Pamela Help

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Emotional Abuse-Help and Healing For The Victim of Emotional Abuse

Abuse is a very painful experience, but something that can be overcome. While abusers wield a sense of power, the abused have even more strength, exemplified by the fact that they are able to survive and tolerate the pain that they feel. With the right tools and strategies, survivors of abuse can become even stronger and better than they've ever been. Though healing is an extremely difficult process, it isn't impossible.

With enough hope and perseverance, you can pick up the pieces of your life and be the best person you can be.

Though the healing process is difficult, it is not impossible. There are different coping techniques and strategies that help people deal with the pain of abuse and find ways to move on to a healthier and more fruitful life. If you are a victim of abuse or know a person that is, we hope that this book will help you find ways to heal from the pain of your past and help others to do the same.

When You Are Finished With This Kindle Book About Emotional Abuse You Will Understand:

- Exactly what emotional abuse is
- The effects of being emotionally abused
- The signs or red flags of an emotionally abusive personality
- How to heal from being emotionally abused
- and much, much more...

Some Tips From This Book on Emotional Abuse:

- Abusers often attempt to manipulate their partner into becoming completely dependent on them. They then use their ability to provide for their partner as a threat, and will often emphasize that their partner won't be

able to find a better companion should they decide to leave. This is particularly problematic in abusive marriages.

- Abusers often attempt to control every aspect of their partner's life, including material wealth, finances, and the like. They often tend to monitor their partner's comings and goings, and give their partner very little opportunity to do things on their own.

- Abusers often change their partner's appearance, preferring clothes and looks that appeal only to them. Abuse is a game of control and abusers often feel the need to control most aspects of their partner's life.

As you can see, the author, Pamela Help writes in a straightforward manor. While reading this book you won't be sifting through a bunch of useless content. NO! You are going to be learning about emotional abuse through reading condensed content that is filled with wisdom.

More Helpful Ideas From This Kindle Book About Abuse

- Abusers also may be very rigid and may become uncomfortable when their partner refuses to do things that don't fall in line with their own interests. They may react angrily and may force their partner to do what they want by using threats and manipulation.

- Abusers often exhibit aggression such as verbal aggression, insults, shaming, threatening and even physical abuse. They also use threats to manipulate their partner into doing what they want and giving them what they need, physically or psychologically.

- Abusers often minimize the emotions and feelings of their partner. Their partner eventually feels worthless. This leads to the abused person defining themselves by how their abuser sees them. They learn to become completely dependent and their abuser gains complete control in the relationship.

Get the book now while it is being offered at an introductory price.

Tags: emotional abuse, domestic violence, stop being abused, healing after being abused, help for the abused, spouse, wife, husband, partner, boyfriend, girlfriend, emotionally abusive relationship, signs of emotional abuse, red flags, personality of an abusive person, coping with abuse, dealing with abuse, being verbally abused, setting boundaries, codependency, being codependent, stop being codependent

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Benjamin Torres:

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Shannon Thomas:

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