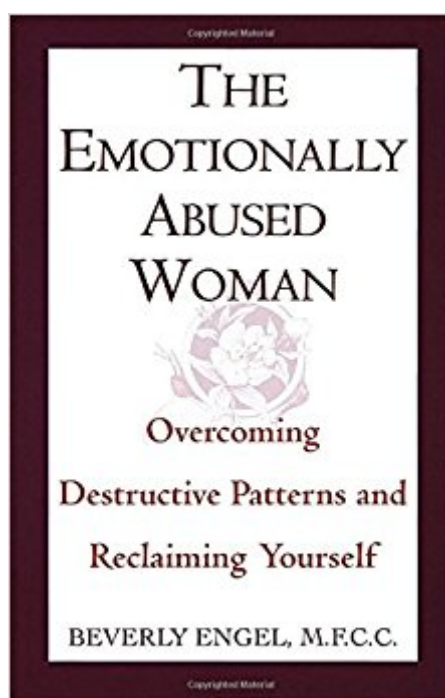


The book was found

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

Series: Fawcett Book

Paperback: 244 pages

Publisher: Fawcett Columbine; 1st edition (February 1992)

Language: English

ISBN-10: 0449906442

ISBN-13: 978-0449906446

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 168 customer reviews

Best Sellers Rank: #63,804 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #73 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #120 in [Books > Self-Help > Abuse](#)

Customer Reviews

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.

Beverly Engel, MFCC, is a nationally recognized psychotherapist and sex therapist with over 30 years of experience, as well as a bestselling author. She is the author of *The Right to Innocence*, *The Emotionally Abused Woman*, *Partners in Recovery*, *Encouragements for the Emotionally Abused Woman*, *Families in Recovery*, and *Raising Your Sexual Self-Esteem*. She has shared her expertise on *The Oprah Winfrey Show*, *The Phil Donahue Show*, *The Sally Jessy Raphael Show*, and *Ricki Lake*.

Out of all these types of books, this one was by far the most helpful. There's nothing glamorous

about it, its small and doesn't seem outwardly like it would be anything different. But the content was very helpful. Highly, highly recommend - for men and women.

This book is amazing. And it's so helpful for anyone who's been bullied in their relationships by their partners/spouses whomever. If you're struggling, I implore you, read it. It could change your life.

This book has a great deal of information. Much of its content is pertinent and can be a wonderful reference to various people. Some of the content is very 'victim blaming'. I think after reading it several times and discussing it with other individuals it would be nice to have a revised addition that didn't focus so much on destructive patterns but more on response. I believe far too often our contemporary American culture negates the actions of the abusers and tries to change the behavior of the victim; this type of literature is helpful to those who have survived abuse yet it continues to perpetuate problems. I think overall the subject matter is as hardy as a loaf of sourdough bread, but a considerable amount of advice within this text can be harmful to those that have or are still experiencing abuse and should be taken with a grain of salt! On another note, I superficially like the recent cover with white and purple as opposed to the older one with off-white/yellow & black bold title.

This book is so right on in every way! It addresses what emotional abuse is, why we choose to get in these kind of relationships, looking at the past/family, and how to deal with the problems today in constructive, appropriate ways. I highly recommend it if you feel you or a friend needs to learn more about relationships that aren't working or aren't equal. You may be surprised at what you learn, especially if you've been in denial. A real eye-opener.

Taking notes from this book helped me to realize what I'm doing wrong even when I think the guy is "different" AND helped me talk a friend out of going back to an abusive ex. She is SO getting this book for xmas

She claimed it helped her.

Is this you?? You might be surprised. What we learn to put up with can define and confine us. This is a very good investment in yourself.

good self help book

[Download to continue reading...](#)

The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself (Fawcett Book) The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing Ultrasonic Methods of Non-destructive Testing (Non-Destructive Evaluation Series) The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It The Emotionally Destructive Relationship Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature Overcoming the Destructive Inner Voice: True Stories of Therapy and Transformation Home Coming (Reclaiming And Championing Your Inner Child) (Reclaiming and Championing your inner child) The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions Natural Disasters: Investigate the Earth's Most Destructive Forces with 25 Projects (Build It Yourself) Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life Overcoming Trauma through Yoga: Reclaiming Your Body PSYCHOPATH: Psychopath, Learn How To Deal With A Psychopath And Free Yourself From Emotionally Abusive Relationships ! Dress Up Dolls Amigurumi Crochet Patterns: 5 big dolls with clothes, shoes, accessories, tiny bear and big carry bag patterns (Sayjai's Amigurumi Crochet Patterns Book 3) Crochet: Crochet Books: 30 Crochet Patterns In 30 Days With The Ultimate Crochet Guide! (crochet patterns on kindle free, crochet patterns, crochet books, ... crocheting, crochet magazine Book 1) Bavarian Crochet: Learn About Bavarian Stitches and Patterns and Make 15 Cute and Easy Projects: (Crochet Patterns, Crochet for Beginners) (Crochet Books Patterns, Cute And Easy Crochet) God Talks to Me about Overcoming Fears - Fear - Overcoming Fear - Children's Book about Friends - Catholic Children's Books - God's Word for Children ... Afraid - Padded Hard Back (God Talks with Me) The Quest for Z: The True Story of Explorer Percy Fawcett and a Lost City in the Bloom and Fawcett: Concise Histology

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)