



The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope

By Leslie Vernick

Waterbrook Press (A Division of Random House Inc). Paperback. Book Condition: new. BRAND NEW, The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope, Leslie Vernick, Something Has to Change. You can't put it into words, but something is happening to you. Your stomach churns, your heart aches, and the tension in your marriage is making you feel weary and a little crazy. The constant criticism, disrespect, cruelty, deceit, and gross indifference are eroding your confidence and breaking your spirit. What can you do to stop the cycle of destruction and restore hope for the future? For any woman caught in an emotionally destructive marriage, licensed clinical social worker, relationship coach, and marriage counselor Leslie Vernick offers a personalized path forward. Based on decades of experience, her intensely practical, biblical advice will show you how to establish boundaries and break free from emotional abuse today. Learn to: * Identify damaging behaviors * Gain the skills to respond wisely * Utilize tools that promote healthy change * Stay safe * Understand when, why, and even how to leave * Recognize that God sees and hates what is happening to you Trying harder to be a perfect fantasy wife won't...



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