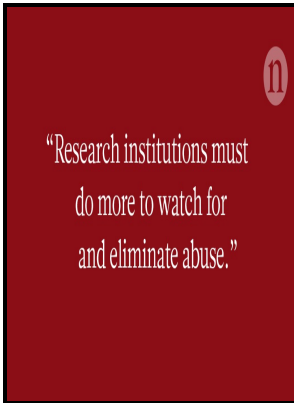


You dont have to take it! - a womans guide to confronting emotional abuse at work

Seal Press - What is Gaslighting? Confronting the Emotional Abuse



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Notes: Includes bibliographical references (p. 357-370) and index.

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They will always say it is the victim who 'has problems'.

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You're not more of a survivor or any better healed by confronting if it's not for you. An Exit Strategy is not that kind of plan - the goal for this strategy is to get away temporarily in hope that when you return home, he has managed to redirect his frustration.

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