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Victory Over Verbal Abuse: A Healing Guide to Renewing Your Spirit and Reclaiming Your Life

By Patricia Evans

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 140 x 127 mm. Language: English . Brand New. You re too sensitive. You ll never amount to anything. You re crazy. If this is what you hear from your spouse, your parent, your boss then you ve been the victim of verbal abuse. This insidious behavior permeates our culture from the privacy of our own homes to the public glare of our schools, workplaces, and other institutions. But you don t have to live with it. In this groundbreaking companion to her bestselling *The Verbally Abusive Relationship*, acclaimed public speaker, educator, and author Patricia Evans brings you the tools you need to triumph over verbal abuse, no matter where or how you encounter it. She ll guide you step by step through a powerful healing process that provides: A thorough review of available therapies Strategies for dealing with abusers Positive messages of support and encouragement Inspiring affirmations for every week of the year With Patricia s help, you ll achieve the clarity you need to build a new life far from senseless accusations, wounding words, and confusing comments that have taken an untold toll on your psyche. You ll...



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Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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