



You Can't Say That to Me: Stopping the Pain of Verbal Abuse - An 8-Step Program

By Suzette Haden Elgin

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, You Can't Say That to Me: Stopping the Pain of Verbal Abuse - An 8-Step Program, Suzette Haden Elgin, You can't say that to me! "Can't you do anything right?" "I can't believe you would feed that junk to your child!" "What is this? And don't tell me it's a casserole, I already know that." "If you really cared about me, you wouldn't behave this way." Sound familiar? Each of us occasionally feels the sting of very unpleasant language from those who are closest to us--spouses, employers, friends, relatives. But frequent and repeated use of unanswerable questions, scolding accusations, sarcasm, insinuations, and even icy silence is more than simply unpleasant; it is abusive, destructive, and frequently leads to escalating arguments and physical violence. Suzette Haden Elgin, creator of the "Gentle Art of Verbal Self-Defense," has developed a unique and revolutionary way to break the cycle of verbal violence and eliminate it from your life--without ruining your marriage, risking your job, or alienating friends or loved ones. Dr. Elgin shows you how to neutralize verbal attacks and discourage future abuse with: An 8-step program that helps you recognize the patterns...



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This book is great. It is written in simple words and not difficult to understand. I discovered this pdf from my dad and i suggested this ebook to find out.

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