



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

By Patricia Evans

BRILLIANCE AUDIO, 2014. CD-Audio. Condition: New. Unabridged. 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 find validation, and learn to believe in yourself--and a better future--once...



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Reviews

This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.

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