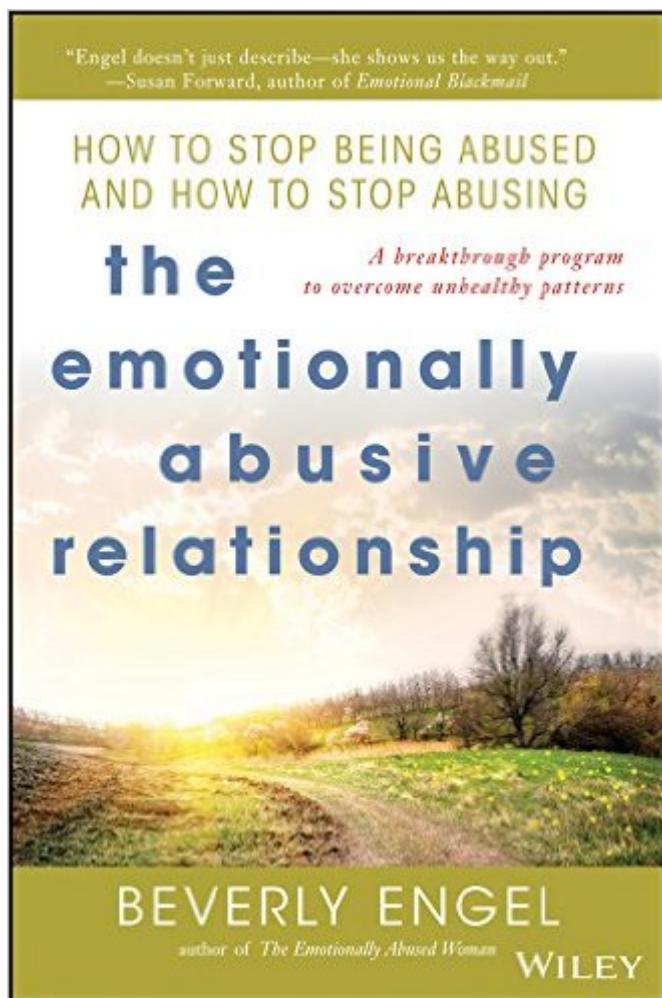


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# The Emotionally Abusive Relationship: How To Stop Being Abused And How To Stop Abusing



## Synopsis

"Engel doesn't just describe-she shows us the way out." -Susan Forward, author of Emotional Blackmail Praise for the emotionally abusive relationship "In this book, Beverly Engel clearly and with caring offers step-by-step strategies to stop emotional abuse. . . helping both victims and abusers to identify the patterns of this painful and traumatic type of abuse. This book is a guide both for individuals and for couples stuck in the tragic patterns of emotional abuse." -Marti Loring, Ph.D., author of Emotional Abuse and coeditor of The Journal of Emotional Abuse "This groundbreaking book succeeds in helping people stop emotional abuse by focusing on both the abuser and the abused and showing each party what emotional abuse is, how it affects the relationship, and how to stop it. Its unique focus on the dynamic relationship makes it more likely that each person will grasp the tools for change and really use them." -Randi Kreger, author of The Stop Walking on Eggshells Workbook and owner of BPDCentral.com The number of people who become involved with partners who abuse them emotionally and/or who are emotionally abusive themselves is phenomenal, and yet emotional abuse is the least understood form of abuse. In this breakthrough book, Beverly Engel, one of the world's leading experts on the subject, shows us what it is and what to do about it. Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you. The Emotionally Abusive Relationship will tell you how to identify emotional abuse and how to find the roots of your behavior. Combining dramatic personal stories with action steps to heal, Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse. By teaching those who are being emotionally abused how to help themselves and those who are being emotionally abusive how to stop abusing, The Emotionally Abusive Relationship offers the expert guidance and support you need.

## Book Information

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## Customer Reviews

When I recently discovered I had some emotionally abusive tendencies, I wanted to do something to STOP. The problem was, every resource I could find on abusive relationships was aimed at helping the VICTIM and painted the abuser as an incorrigible monster beyond redemption. They all just said to the victim: "Get out now! He'll never change." Now, I'm sure in some cases that's true, but I don't believe it's ALWAYS true. I think that, sometimes, an abuser CAN change if he's willing, and I was. What \*I\* needed was a resource for the ABUSER. Something that would help me and my partner work TOGETHER in HELPING me. Something to help us figure out WHY I was acting the way I was acting and to change it. However, as far as I could tell, such a resource didn't seem to exist. That was until my partner found this book for me. I was ASTONISHED at what I saw. This was the first book I've ever seen that actually tackles abuse from the perspective, not of dissolving the relationship and allowing the victim to escape, but of trying to REBUILD an abuse-damaged relationship and reestablish a healthy foundation for it to continue. This book paints the abuser, not as a horrible monster, but as a Human being who has simply made mistakes. This book tell you, IF you're willing to made an HONEST EFFORT to change, you CAN, and an abuse damaged relationship CAN be saved, provided BOTH parties are willing to WORK towards that goal. This book gives hope to BOTH: victim AND abuser. It's absolutely AMAZING. I STRONGLY recommend it for ANYONE who is in an abusive relationship, particularly if you'd rather work it out than split up. If your relationship can be saved, this book will tell you how.

I read this book last night and had nightmares about the possibility that someone could be emotionally or even physically harmed by following this author's so-called "program". If you're up for a heaping dose of "blame the victim", a lack of understanding of victim's issues and even some not-so-thinly disguised contempt for them (in one section, the author describes victims as "whining" and "groveling"), this book is for you. But if you truly want to understand what has happened to you, why you are not at fault, and how to deal with it, I suggest "The Verbally Abusive Relationship" by Patricia Evans, "Why Does He Do That" by Lundy Bancroft, or "Emotional Blackmail" by Susan Forward. Another good book with lots of advice on how to manage your life once you've decided to

leave an abuser is "When Love Goes Wrong" by Ann Jones and Susan Schechter. This book is written by an author who reveals that after 20 years as a practicing therapist AND undergoing therapy, she had an epiphany that she is a narcissistic abuser herself. One thing is clear, she has an agenda: to fight the "demonization" of abusers in popular media and give them a "chance" for recovery. From the beginning of the book, she makes excuses for their behavior and blames it on their bad childhoods. At the same time, she makes sweeping generalizations about victims that are negative and substantially untrue. She wants you to believe that even though she took 20 years, AND therapy, just to gain awareness, this book by itself can pop open the eyes of abusers everywhere to her "breakthrough program". What she doesn't share with you is that the odds of that happening to a true narcissist/abuser are very, very slim.

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