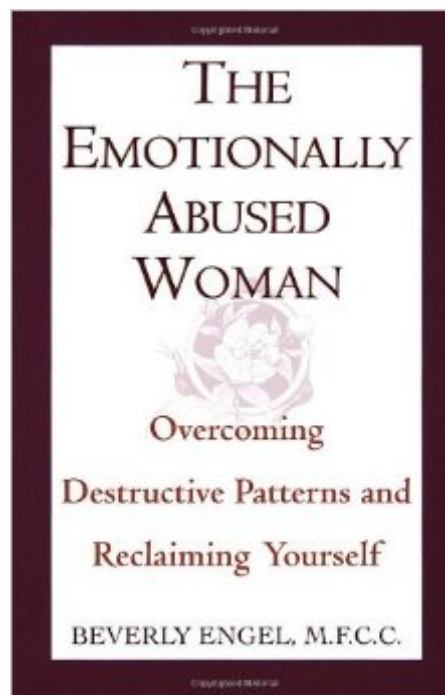


The book was found

# The Emotionally Abused Woman: Overcoming Destructive Patterns And Reclaiming Yourself (Fawcett Book)



## Synopsis

If you feel unfairly criticized, controlled by others, or are afraid of being lonely, you could be suffering from emotional abuse. Now there is help in this compassionate sourcebook. Beverly Engel, a marriage, family, and child therapist, guides you through a step-by-step recovery process to help you heal the damage done in the past.

## Book Information

Series: Fawcett Book

Paperback: 244 pages

Publisher: Fawcett Columbine; 1st edition (February 1992)

Language: English

ISBN-10: 0449906442

ISBN-13: 978-0449906446

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (154 customer reviews)

Best Sellers Rank: #24,885 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #39 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #66 in [Books > Self-Help > Abuse](#)

## Customer Reviews

It can take years, even a lifetime, to heal from emotional abuse. The author, Beverly Engel, lets us know within the first pages that she has endured a history of abuse, and from this background, she has made her career choices, mainly, to become a therapist helping others in similar circumstances. The abused person is often taken by surprise, emotionally involved before the abuse fully takes hold. The abuser often has a two-sided personality, referred to as Jekyll and Hyde - one charming and intelligent and likeable, the other a cruel and perverse tormentor. Engel writes: "It is often difficult for a woman to admit that she is indeed being emotionally abused, particularly if she is competent and successful in other respects... many women who are being emotionally abused do not even realize what is happening to them. Many suffer from the effects of emotional abuse - depression, lack of motivation, confusion, difficulty concentrating or making decisions, low self-esteem, feelings of failure, worthlessness, and hopelessness, self-blame, and self-destructiveness - but do not understand what is causing these symptoms." The process seeps into the psyche like a slow poison, rearranging our ability to cope. "She has become so beaten

down emotionally that she blames herself for the abuse. Her self-esteem is so low that she clings to her abuser."Which is perhaps the hardest to understand, by the woman herself as well as family and friends who keep asking - "Why do you stay? Why do you put up with it?" - and never find a rational answer. There is none. Engel explains, "Emotional-abuse victims become so convinced they are worthless that they believe no one else could possibly want them.

[Download to continue reading...](#)

The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself (Fawcett Book) Crochet: Easy Crochet Patterns: Crochet Patterns for Beginners (Crochet: Step by Step Crochet, Crochet Patterns, Easy Crochet Patterns, Crochet Patterns for Beginners, and Crochet Projects) The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing Cognitive Behavioral Therapy : 10 Simple Guide To CBT For Overcoming Depression, Anxiety & Destructive Thoughts Overcoming Caffeine Addiction: How to stop using the most abused drug in America Hack Your Mind to Become Bulletproof: How to control perceptual filtering, create happiness on command, interrupt destructive patterns, unlock the power ... to Create a New Future Series Book 1) Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life Overcoming Trauma through Yoga: Reclaiming Your Body 11 Crochet Shawl Patterns: Crochet Poncho Patterns, Free Easy Crochet Patterns and More Crochet Mandala For Beginners Learn To Create 15 Amazing Crochet Mandala Patterns: (Crochet Mandala Patterns, Crochet for Beginners) (crochet books patterns, cute and easy crochet) His Forge Burns Hot for Mosaic Damascus: Knife Patterns & Techniques: Damascus pattern making & techniques. Learn how to make mosaic Damascus patterns ... techniques for making Damascus patterns. Crochet Mandala: 12 Most Gorgeous Patterns With Easy Instructions: (Crochet Hook A, Crochet Accessories, Crochet Patterns, Crochet Books, Easy Crochet ... Crocheting For Dummies, Crochet Patterns) Crochet Mandala: 15 Best Fabulous Patterns With Easy Instructions: (Crochet Hook A, Crochet Accessories, Crochet Patterns, Crochet Books, Easy Crochet ... Crocheting For Dummies, Crochet Patterns) How to End an Unhappy Marriage: An Essential Guide to Letting Go Emotionally, Preparing Yourself Mentally, and Moving On Physically - ( When to Get a Divorce | When to End a Marriage ) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) The Other Woman's Affair: Gambling Your Heart & Reclaiming Your Life When Your Partner is Married. Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems) The Myth of Martyrdom: What Really Drives Suicide Bombers, Rampage Shooters, and Other Self-Destructive Killers Politics and Guilt: The Destructive Power of Silence (European Horizons Series) Caffeine

Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction)

[Dmca](#)