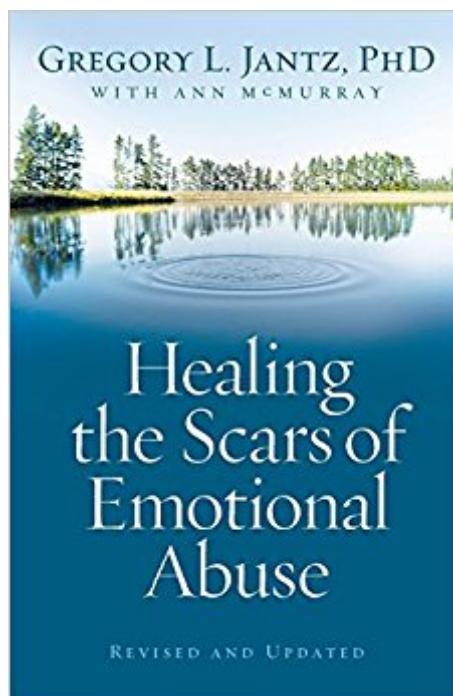


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# Healing The Scars Of Emotional Abuse



## Synopsis

This helpful guide reveals how those who have been emotionally abused can overcome the past and rebuild their self-image.

## Book Information

Paperback: 304 pages

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Best Sellers Rank: #46,231 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #86 in Books > Self-Help > Abuse #108 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution

## Customer Reviews

"This book offers a balm for the battered soul." --This text refers to an out of print or unavailable edition of this title.

Hope and healing for the victims of emotional abuseEmotional abuse is one of the most pervasive--and least recognized--kinds of abuse in our society. Whether you or a loved one has been abused by words, actions, or even indifference, this book will show you how to overcome the past. In this revised and updated edition, you'll find--strategies for dealing with a verbal abuser--self-check quizzes --keys to rebuilding relationships--stories from survivors of emotional abuse--new information on spiritual abuse--a biblical plan for healingDon't suffer in silence. If you have been abused by a spouse, parent, employer, minister, or friend, this book can open the doors to lasting healing."If you are suffering from the pervasive pain of emotional abuse through words or actions, you have suffered long enough. This book offers a balm for the battered soul."--Les Parrot III, professor of clinical psychology, Seattle Pacific University"The scriptural and biblically oriented guidance found in this carefully crafted book will prove of inestimable value to all who accept--and adopt--its valid advice."--Ted Engstrom, former president, World Vision InternationalGregory L. Jantz, PhD, is founder and director of The Center for

Counseling and Health Resources, Inc., in the Seattle area, and is the author of several books. He has a daily radio show and conducts seminars on a variety of subjects. Ann McMurray has helped Jantz write several books. She lives in Washington and works at The Center for Counseling and Health Resources, Inc.

Emotional turmoil is hard to deal with. Unraveling emotional entanglements, sorting out what is reality and finding clarity requires a lot of searching. This book has helped me learn about emotional abuse. For people who also have mental illness/bi polar on the depressive side it is hard to evaluate the question..."Am I just too sensitive?" On my road to recovery, this book has been helpful in discerning what role I played in an abusive marriage and what is acceptable behavior toward me and what has been abusive. Now I know it hasn't been all my fault!

Thank you Gregory L. Jantz and Ann McMurray for helping share this wonderful resource that is a fantastic help to people who have experienced emotional abuse. If you have doubts about whether you might be such a person, please read the excerpts available on [and consider checking out the book](#), the content included might help encourage you to have an epiphany about your experiences in a way that you did not expect. It's worth it. The help is a blessing.

This book is by Gregory L. Jantz, PhD, with Ann McMurray. It is extremely well written and describes in detail many of the wounds imparted on those that have lived with emotional, mental, and verbal abuse. It describes the demeanor of several types of abusers as well as how sometimes the abused abuse themselves as well as others in a relationship without even realizing it. This book has sections for the reader to review and ask themselves important questions about their inner self. The author also brings in the need for God in your life and a large section near the end of how to overcome the effects of abuse. Excellent reading and easy reading, though it's best to take your time and absorb the authors research.

Very helpful after 7 years of dealing with a very emotionally abusive boyfriend. I can't believe I let this happen to me but this book helped me understand why. Very helpful book and I know I will Never let it happen again.

It is difficult to find counselors and psychologists, especially Christian ones, who recognize and know how to deal with emotional abuse. It is insidious. I found over the years that the best I could do

was look for answers and help on my own. This book has helped.

Btw this is super religious if you didn't look at the description closely enough. Not my cup of tea.

Wonderful book that will help you in so many ways. Very healing and informative. I wish more therapists and counselors could understand the depth that Jantz has and really work with people who are in horribly destructive relationships.

This is an incredible book encouraging people to pursue and find healing in order to rise above the dark places they have been. Thank you and Blessings.

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