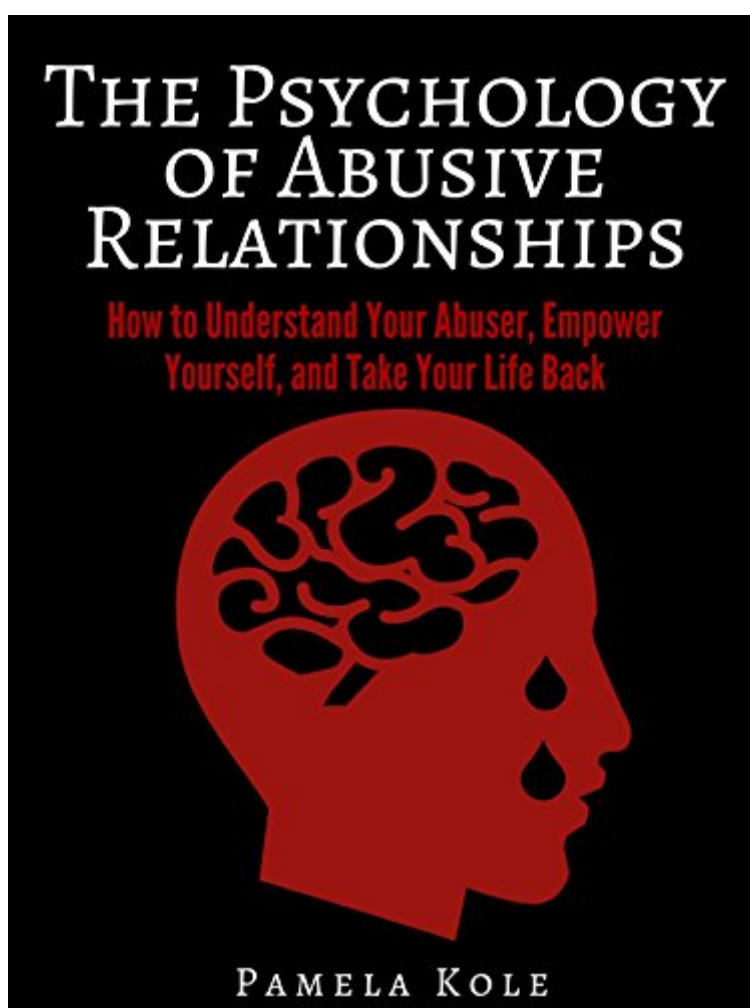


The book was found

The Psychology Of Abusive Relationships: How To Understand Your Abuser, Empower Yourself, And Take Your Life Back



Synopsis

Are you forced to smile and justify your relationship to everyone – even yourself? Struggling with self-doubt, shame, but feeling hopeless? It's not your fault and you have nothing to be ashamed of. You wouldn't blame a car accident victim, and you can't blame yourself. The Psychology of Abusive Relationships is your guide to understand exactly how you ended up in an abusive relationship no matter who you are. Get inside the head of your abuser. Abuse – it's a vague term that seems like it would always happen to someone else. The Psychology of Abusive Relationships will unveil the dark dynamics that are created when you cross paths with an abuser, and how you are dragged into their toxic orbit. You'll hear the stories of strong, confident people – the people you would never expect – that were reduced to husks of their former selves and exactly how it happened and how you can avoid it. No more fear and walking on eggshells. If your partner continually hurts you and makes you feel unlovable, and makes you think you're crazy for wanting to be treated with basic human decency, stop everything and start the first step to breaking free. Pamela Kole, bestselling author, guides you through the inner motivations of abusers and how to deal with them and stop them. Gather your courage and know that you're not crazy. • The true statistics and prevalence of abuse. • 5 types of diagnoses for abusers – spot yours. • The subtle red flags of the abuser you must look for. • The dangerous cycles of abuse and how they keep you trapped. Take back your life. • How you're being emotionally manipulated. • Types of intervention and therapy. • How to leave your abuser safely. • Aftereffects and how to heal. Learn to love and empower yourself again. When you can understand the abuser, you can understand yourself and what is happening under your nose on a daily basis. You can gain back your sense of confidence and freedom and break free of your mental prison. The love, safety, and support you need – you deserve it and you will find it again. This book is the first step. Hope starts by clicking the BUY NOW button at the top of this page.

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Customer Reviews

This book came at a really valuable time for me... it might have been a little better last year but it's still great because I am in my healing phase and it just says a lot about how I felt and clears up a lot of things. Reduces some shame and guilt on my part and I can understand better how to heal. Very valuable.

Easy read, she does give some insights into the mind of the abuser which is what I was looking for. My only criticism she points to always just leaving and while in many situations that may be the answer there are situations that it's not really possible to sever all contact.

I recommend this book Strongly and I enjoyed reading this book and the information is wellOrganized and written as well.

I'm so lucky I have never been directly involved in an abusive relationship but I witnessed my mother in one for years upon years. It's a difficult thing to see especially from the outside and when you think you know better. You start thinking why aren't they leaving, when it's so clear what should be happening? It's hard to understand but once you read about the dynamic and cycles it's almost understandable. The self esteem plummets and everything else goes with it. This book seemed to confirm everything I saw and it gave me mixed feelings. But that means the book was accurate and great.

This book is a guide both for individuals and for couples stuck in the tragic patterns 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.

I have been suffering at the hands of a Narcissist since My Mother married my step-father. I never knew how 'I was supposed to be treated' BUT I knew something was very wrong. He never wanted me around in the 1st place. He withheld every thing possible from me; whatever he could whenever he could. Especially any real attention. I constantly tried to please him but he was NEVER happy. I didn't know how much disdain he held for me. I FELT it though. I then married a man with the Exact Same great personality. I GOT OUT after 5yrs. I couldn't keep feeling this way I thought. It was a chore but SO NECESSARY. UNFORTUNATELY the same cannot be said about my mother. She has stayed with her abuser. She has no idea what is happening to her. In fact she has ADOPTED his behavior & is now treating me poorly. I want to & need to HELP HER. She has become a person I DO NOT KNOW. Even allowing me to be homeless & separated from my children. She seems unaffected by my desperation & pleading with her to treat me the way I knew her to be. I HOPE it's not too late. THIS BOOK IS AMAZING! It covers EVERYTHING. SIMPLY, ELOQUENTLY & PERFECTLY! Thank you Pamela!!

Wow. Scarily accurate book on a very serious issue that I've seen firsthand. Hits the nail on the head as far as abuse and why people do it and are caught in it.

A good informative book that hits on all points. A must read for those wishing to find answers to some hard questions.

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