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The Emotionally Abused Woman:
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Paperback – February 1, 1992 by Beverly
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She is the author of The Right to Innocence, The Emotionally Abused Woman, Partners in Recovery, Encouragements for the Emotionally Abused Woman, Families in Recovery, and Raising Your Sexual Self-Esteem. She has shared her expertise on The

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How to Identify It...

Emotional abuse is one of the hardest forms of abuse to recognize. It can be subtle and insidious or overt and manipulative. Either way, it chips away at the victim's self-esteem and they begin to doubt their perceptions and reality. The underlying goal of emotional abuse is to control the victim by

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discrediting, isolating, and silencing.

What Is Emotional Abuse? - Verywell Mind
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

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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.

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Emotional abuse is one of the most subtle
and devastating experiences a person can

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have. I meet a lot of other survivors (and thrivers) who have been through emotional abuse.

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Top 35 Most Impactful Books to Overcome Emotional Abuse ...

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