



The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself

Beverly Engel

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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.

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