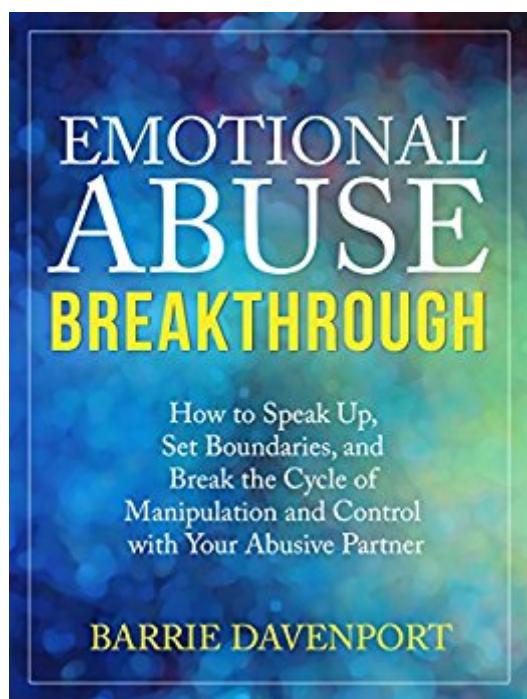


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# Emotional Abuse Breakthrough: How To Speak Up, Set Boundaries, And Break The Cycle Of Manipulation And Control With Your Abusive Partner



## Synopsis

Is your self-worth being stripped away by an abusive partner who treats you like a household appliance? Are you being bullied and manipulated and made to feel itâ™s your fault?The Truth is...Nothing is more DAMAGING than living with an emotional abuser whose controlling and crazy-making behaviors are causing you to feel afraid, depressed and alone. Physical abuse leaves visible scars, but emotional abuse wounds you to the core. You know you're in pain, and you feel isolated, unloved, and even frightened. But your abuser has an uncanny way of turning the tables on you and denying the abuse.You just wish your partner would finally wake up and treat you with the love, kindness and respect you long for. But no matter what you do, nothing changes.

DOWNLOAD:: Emotional Abuse Breakthroughâ "How to Speak Up, Set Boundaries, and Break the Cycle of Manipulation and Control with Your Abusive Partner

Victims often fear if they stand up for themselves, their partner will leave or make things worse. But once you draw a line in the sand and demand a more mature relationship, your abuser will have to make a choice -- either change the behaviors or risk losing you. Even if your partner refuses to change, you can feel more confident and in control until you decide your next steps.â

In this book, you will learn:

- How to restore your shattered identity and sense of self
- How to cope with hopelessness and despair in long-term abuse
- How to stick to your non-negotiable boundaries, even if it means walking out the door
- The critical, iron-clad deal breakers that should cause you to pack your bags
- How to successfully navigate inner conflict and turmoil about leaving
- How to effectively confront your abuser about their unacceptable behaviors
- What it really takes for an abuser to make lasting change
- How to manage the resistant abuser if you choose to stay
- How to protect your children from an emotional abuser
- The 11-step preparation plan before you walk out the door
- The self-esteem boosting blueprint for a stronger new you
- The power of personal responsibility and a growth mindset
- How to establish the new baseline for a healthy, intimate relationship to use for life
- The next steps to create an abuse-free future

Emotional Abuse Breakthrough gives you easy-to-follow steps on how to rebuild your self-esteem so you can stand up for yourself and set clear and firm boundaries with your abuser. You will learn to identify and explain the covert tactics used by emotional abusers to help you quickly recognize when itâ™s happening.

Would You Like To Know More? Download now to gain strength and take back control of your life. Scroll to the top of the page and select the buy now button.

## Book Information

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## **Customer Reviews**

wish I'd read this book before my first marriage. Even years after this guy being out of my life, I still feel the anger and frustration of falling for his emotionally abusive behaviors. It is so validating to see that none of it was my fault. These manipulators know how to twist things around and make you feel so confused and guilty. If you are stuck in a relationship with a narcissist who controls you and has to have everything his way, this book will show you a light at the end of the tunnel. There is a way to break the cycle and build your self-esteem. I really like how the author helps you figure out whether or not to leave the relationship and to know if there's hope for your abuser to change. Everyone should read this because we all know someone going through this kind of relationship.

This is such an important book for everyone -- not just those in an emotionally abusive relationship right now. Emotional abuse is so common in relationships, so we all know someone who might be dealing with it. This book explains exactly what emotional abuse is, why the abuser engages in the abuse, and why a victim might be initially attracted to an abuser. More importantly, it gives very specific, practical actions you can take to manage the abuse, become more confident in the relationship, and make decisions about what to do. If you have any question about whether or not

you're involved in an emotionally abusive relationship, you need to read this book.

I wish I'd had this book many years ago when I was in a difficult relationship. When you have a person like this in your life, sometimes it's hard to recognize what's going on. You keep thinking that you must be doing something wrong to make this person act the way he does. By the time you realize it's not you, you have lost so much confidence in yourself. This book is a godsend for anyone who wants to get stronger and have more clarity about what to do and whether or not to leave the relationship. Read this book if you think you have an abuser in your life.

I have researched this subject for years but have never, ever found any book or research material that so clearly and thoroughly defines and lays out just what emotional abuse is, the multitude of ways in which it shows up, the abuser's methods of manipulation, the effects on the victim, the systematic steps to recover, transform, and move forward. It is a brilliant work which I could not put down. Because I found this work so very important, I took careful notes throughout and intend to reread it. I have already recommended it to a number of friends. Ms. Davenport is brilliant and extremely knowledgeable. In addition to the book, I highly recommend listening to this interview in which she discusses this topic in depth. I really loved this book. I highly, highly recommend it. Click this link for the podcast of the Barrie Davenport interview: [\[â \]](#) or search Blog Talk Radio dot com for Barrie Davenport on In Depth with Jann Jaffe

This book validates you as a survivor and does not label you as a victim. The author is insightful and direct. She holds no punches but it's written respectfully and with much care. I found myself on many of the pages and took plenty of notes. She gives reasonable and thought provoking insight with regards to helping yourself either work through the situation or get yourself out from under the abuser. I will keep this book close so that I can reference it when I need to. One of the best books I've read with regards to the subject content. I highly recommend this book to all. . . male or female, young or old.

After being in an extremely emotionally and physically abusive relationship for over 8 years, I finally had the courage to stand up to my abuser and end the abuse after the birth of our son. It was an awful and horrific experience and I was just daring to hope for light at the end of the tunnel when I came across this book. I am only halfway through reading it and I cannot put it down. I took the quiz in the beginning and was shocked to see that I answered YES to every question! It was

eye-opening to read in black and white, that someone got it. And for once I could say with certainty, I was in an abusive relationship. Because that's where I was always stuck, in the manipulation trying to pinpoint exactly what was wrong, because I just knew all along that something was. It was enlightening and empowering to see in writing spelled out that it is abuse and it must no longer be tolerated. I also appreciated that the author pointed out that once you have decided to set boundaries and leave, the abuse could escalate as the abuser tries to regain control. My ex husband did anything and everything he could think of to keep control of me even after our divorce. It got to the point I was staying with friends because I was afraid to go home! It has taken me six months post-divorce to break-free! This book is invaluable and I highly recommend it. It has helped me tremendously and I know I will come back to it as part of my healing process now that my son and I are safe from our abuser. It is a valuable tool not only for those who may currently be (or have been) in an abusive relationship, but for anyone as it explains how it starts, warning signs, etc. A definite MUST READ.

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