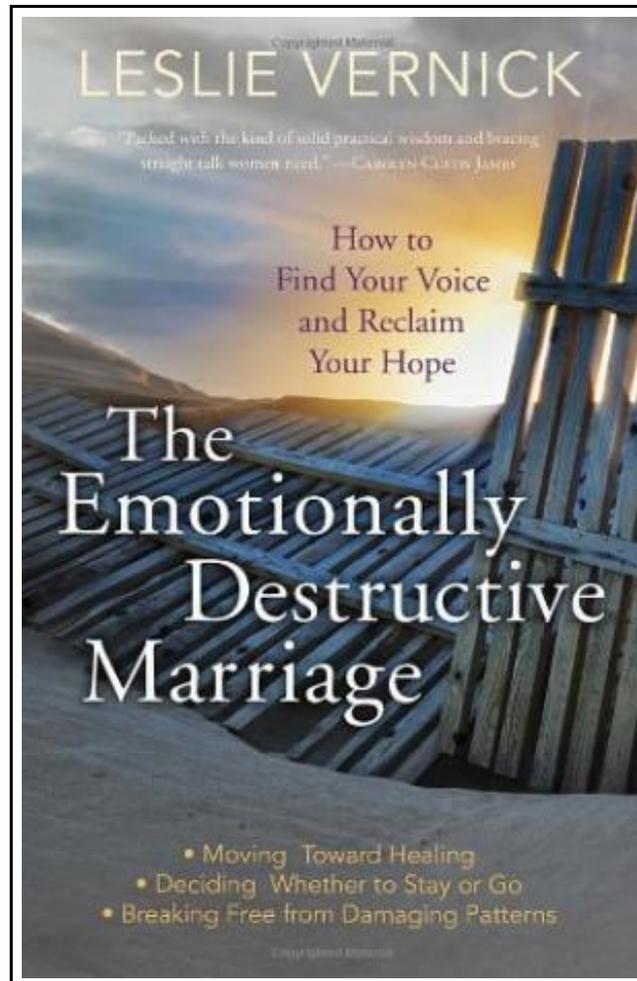


The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope



Filesize: 1.09 MB

Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehend every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tomas Flatley)

THE EMOTIONALLY DESTRUCTIVE MARRIAGE: HOW TO FIND YOUR VOICE AND RECLAIM YOUR HOPE



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Waterbrook Press (A Division of Random House Inc). Paperback. Book Condition: new. BRAND NEW, The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope, Leslie Vernick, Something Has to Change. You can't put it into words, but something is happening to you. Your stomach churns, your heart aches, and the tension in your marriage is making you feel weary and a little crazy. The constant criticism, disrespect, cruelty, deceit, and gross indifference are eroding your confidence and breaking your spirit. What can you do to stop the cycle of destruction and restore hope for the future? For any woman caught in an emotionally destructive marriage, licensed clinical social worker, relationship coach, and marriage counselor Leslie Vernick offers a personalized path forward. Based on decades of experience, her intensely practical, biblical advice will show you how to establish boundaries and break free from emotional abuse today. Learn to:

- * Identify damaging behaviors
- * Gain the skills to respond wisely
- * Utilize tools that promote healthy change
- * Stay safe
- * Understand when, why, and even how to leave
- * Recognize that God sees and hates what is happening to you

Trying harder to be a perfect fantasy wife won't help fix what's wrong with your marriage. Now initiate some changes that can. "Women in an emotionally abusive marriage do not need another book on how to have a good marriage; those books rub salt in raw wounds. No, they desperately need this book so that they can diagnose just how bad their marriage is and then, with Leslie's clear expertise, develop a plan that will either begin to turn their marriage around or give them a wise route of escape." -Dee Brestin, author of *Idol Lies* and *The Friendships of Women*.

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