



Hope and Healing from Emotional Abuse

Gregory L. Jantz Ph.D., Ann McMurray

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You can overcome emotional abuse

Whether you or a loved one has been abused by words, actions, or even neglect, this book shows you the path to healing, offering you

- strategies for dealing with a verbal abuser
- interactive tools to learn about your personal situation
- steps to rebuilding relationships on trust and respect
- stories from survivors of emotional abuse
- biblical help to restore your soul

You are not alone, and you don't have to suffer in silence. If you have been abused by a spouse, parent, employer, minister, or friend, this book can open the doors to healthier relationships and lasting healing.

Gregory L. Jantz, PhD, is the award-winning author of more than twenty-five books, including *Controlling Your Anger before It Controls You*. He is the founder of The Center for Counseling & Health Resources, Inc. (www.aplaceofhope.com) in the state of Washington.

Ann McMurray has coauthored several books, including *Controlling Your Anger before It Controls You*. She lives in Washington.

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Exactly why? Because this Hope and Healing from Emotional Abuse is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content inside of easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your talent and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the reserve store hurriedly.

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