



# **Breaking Free from Emotional Abuse:: How to Restore Your Joy by Healing Your Life (Healing Emotional Abuse Book 2)**

*Neil Warner*

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In “Breaking Free from Emotional Abuse: How to Restore Your Joy by Healing Your Life,” how to heal from emotional abuse by offering in-depth strategies.

This is the second book of their two-part series, which ultimately focuses on how to stop emotional abuse and repair its damage on the individual. Here, Creative Conflict Resolutions discusses how to detach yourself from an emotionally abusive relationship.

This book continues where the first part of the series (called “Signs of Emotional Abuse: The War for Power and Control in Relationships”) left off. In this book, readers who have confirmed the existence of an emotionally abusive marriage can move to the next step: detaching themselves from the toxic quality of emotional abuse.

You’ve probably seen a lot of books that address leaving an emotionally abusive relationship. However, the pros (and cons, if any are discussed) of leaving an abusive partner is usually described in a stiff, clinical point of view. This book aims to be one of the few that actually take into account the deep confusion victims feel about their abusers. It addresses the insecurity of the victim, acknowledging that many people will hold out until the very end, hoping that the abuser, someone they are deeply in love with, will change.

For this reason, the book not only addresses how to leave an emotionally abusive relationship, but how to stay. Readers receive a “checklist” for each option, where the book breaks down what needs to be kept in mind, what should be prepared, and what boundaries need to be set in each case. Extra topics covered in the book are how to intervene on a friend’s emotional abuse situation, and what emotional abuse “hooks” are to avoid getting caught with.

There is also a comprehensive recovery plan outlined at the end of the book. Issues covered are: domestic violence, coping with an abusive person, dealing with verbal abuse, leaving an abusive person, how to stop being abused, healing after being in an abusive relationship, signs of abuse, abuse red flags, recognizing an abusive personality, fighting, arguing, verbal assault, coping with difficult people, dealing with mean people, angry spouse, angry husband, how to cope with an emotionally abusive person, how to deal with an angry person, dealing with a mentally disturbed person.

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