

The Verbally Abusive Relationship: How to Recognize It and How to Respond

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In this fully expanded and updated third edition of the bestselling classic, you learn why verbal abuse is more widespread than ever, and how you can deal with it. You'll get more of the answers you need to recognize abuse when it happens, respond to abusers safely and appropriately, and most important, lead a happier, healthier life.

In two all-new chapters, Evans reveals the Outside Stresses driving the rise in verbal abuse--and shows you how you can mitigate the devastating effects on your relationships. She also outlines the Levels of Abuse that characterize this kind of behavior--from subtle, insidious put-downs that can erode your self-esteem to full-out tantrums of name-calling, screaming, and threatening that can escalate into physical abuse.

Drawing from hundreds of real situations suffered by real people just like you, Evans offers strategies, sample scripts, and action plans designed to help you deal with the abuse--and the abuser.

This timely new edition of *The Verbally Abusive Relationship, Expanded Third Edition* puts you on the road to recognizing and responding to verbal abuse, one crucial step at a time! Are you now, or have you ever been, in relationships with family, friends, or mates who have been verbally abusive? Is your happiness with someone you love continually threatened by interactions that continually undermine your self-esteem? Do you feel trapped in a relationship that keeps decaying in a downward spiral of overt or passive-aggressive abuse?

If so, this book could be your life raft, either carrying you toward repair of the existing relationship or the effects of past relationships or offering liberation from your current confusion. Its practical approach can help clear your head and possibly change your life. The only criticism that I and other readers have is that the author assumes verbal abuse is almost always directed by males toward females, which, in my experience and that of others I know, is not necessarily the case. Highly Recommended.

Patricia Evans is the bestselling author of four books, including *The Verbally Abusive Relationship*, *Verbal Abuse Survivors Speak Out*, *Controlling People*, and *The Verbally Abusive Man: Can He Change?* A highly acclaimed interpersonal communications specialist, public speaker, and consultant, Evans has appeared on Oprah, CNN, CBS News, Fox News, She Knows, and on numerous national radio programs. Her work has been featured in *Shape*, *Newsweek*, and *O, The Oprah Magazine*. Evans lives in the San Francisco Bay Area and can be reached via her website at VerbalAbuse.com.

Other Books

Meeting of Minds.

Ⓜ Ⓜ Ⓜ Ⓜ Ⓜ . These incidents exemplify the need for awareness of what constitutes verbal abuse , as well as other types of ... REFERENCES Evans , P. M. (1996) *The verbally abusive relationship : How to recognize it and how to respond* (20d ed .) ..."