



The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself (Fawcett Book)

By Beverly Engel

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If you feel unfairly criticized, controlled by others, or are afraid of being lonely, you could be suffering from emotional abuse. Now there is help in this compassionate sourcebook. Beverly Engel, a marriage, family, and child therapist, guides you through a step-by-step recovery process to help you heal the damage done in the past.

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- Sales Rank: #32226 in Books
- Brand: Unknown
- Published on: 1992-02
- Released on: 1992-01-21
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .46" w x 5.15" l, .42 pounds
- Binding: Paperback
- 244 pages

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Editorial Review

From the Inside Flap

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