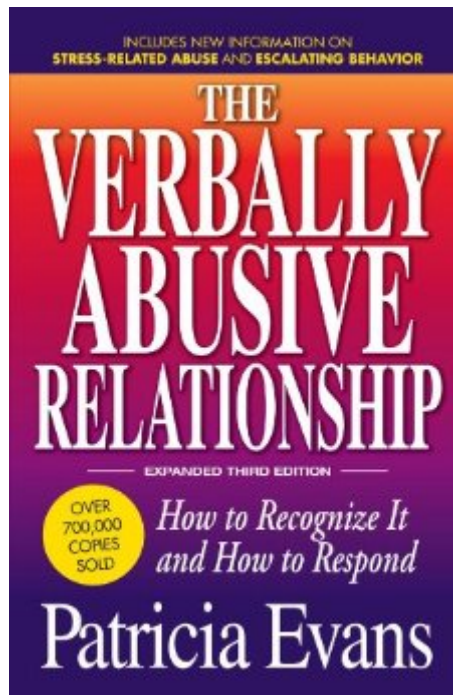


The book was found

The Verbally Abusive Relationship: How To Recognize It And How To Respond



Synopsis

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* puts you on the road to recognizing and responding to verbal abuse, one crucial step at a time!

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Customer Reviews

Several weeks before leaving my abusive husband after 42 years of marriage, I read "The Verbally

Abusive Relationship" by Patricia Evans. I noted many passages that clearly described the abusive tactics he was using on me. The information, however, was just so irrefutable, so undeniably true, it was far too painful for me to fully realize and assimilate at the time. Sixteen months after leaving him, I picked the book off the closet shelf and re-read it, this time noticing many more abusive characteristics of his and experiences I went through in the past. Numerous passages were boldly marked this time, and many more notes were made. Virtually every page held so many similarities to what I had been experiencing in this abusive relationship. After decades of being unaware of this type of abuse, I finally arrived at the realization that he was indeed extremely verbally abusive during our marriage. This was a tremendous revelation to me, as I had unconsciously hidden and "forgotten" even the physical assault that occurred early in the marriage. Before we married, however, he was attentive and I thought he loved me as I loved him. I thought that verbal abuse was mainly name calling and hurling outright insults. My to be ex husband did not often call me names and obvious insults were rather rare, although he did call me stupid and crazy a few times. Yes, he did beat me severely early in our marriage, but he was mainly a covert abuser. His methods were insidious and had me feel that I was to blame for just about everything that went wrong. He would often criticize men and women on TV, their physical faults, mouth too large, crooked nose, too fat, too thin, etc.

This book would have merited 5 stars except for one major issue. The author does an OUTSTANDING job picking apart the confusing, tangled web that chronic verbal abuse creates. Being the partner of an abusive spouse, and having no prior experience to abuse, I had absolutely no idea that my plummeting self esteem, my feelings of total overwhelming confusion, were the result of verbal abuse. I, like most people, I imagine, assumed that "verbal abuse" was someone calling you a terrible name. I did not know about gaslighting. Had I known, and recognized the verbal abuse for what it was, I would have also understood that abuse tends to escalate. I might have been long gone before my spouse ever got the chance to put his hands on me. So to that end, I wish I would have read this book many months ago. My 3 star rating stems from the last quarter of the book, in which the author discusses how one ought to respond to the verbal abuse once she's recognized it: "Stop it! Don't talk to me like that! Look at me! Nonsense! Why did you say?" This is dangerous. Dangerous and ill advised. The author lost me completely with that. Apparently, she recommends that approach as kind of a way to test the severity of the problem: answering back in this way might surprise the abusive partner into "snapping out of it". Another suggestion the author makes is to tape record the abusive partner, the idea being that if he/she objects, he/she knows that

what they are doing is wrong. I don't want to assume that all verbal abusers are going to some point escalate into physical abusers. But the strong possibility exists. There is an undeniable likelihood that to an angry and controlling partner, any or all of the above responses will be viewed as complete outrageous defiance.

If you are even looking at this review, that means you or someone you know has made you think about verbal abuse enough to come and check out this book. If you have had to think about it even that much, then THIS BOOK WILL BE OF UNBELIEVABLE VALUE TO YOU!!!!Get it today. Read it the minute it arrives on your porch.(If there is concern that the book did not get 5 stars, be sure to look at the one star reviews--almost all by the same reviewer.)If you think you just have a grumpy spouse, or if you know they guy is way out of line: GET THIS BOOK. If you feel alone even when he is around, or if you can't get him off your back: GET THIS BOOK.Verbal and emotional abuse can be so subtle, so subtle that you don't even realize it is abuse. The effects confuse you about your own experiences, and make you doubt your own judgement, to the point where you know you are unhappy, but you feel like it is your own fault. So you may not think this book is for you.Do yourself a favor...if there is even a whisper of curiosity in you about the subject, you or someone you care about will benefit from your access to this knowledge.This book defines very specifically and clearly what constitutes abuse, emotional evidence that you are being abused, ways to respond to make the abuse stop, and a clear picture of the mentality of the abuser. Trust me, they are not seeing it the way you are. We all make the mistake of thinking that our spouse's understanding of love is the same as our own, which is why we just don't understand WHY they do what they do to us.Be prepared to see everything in a whole new light. (For some of us, the first light we have seen in a long, long time.)This book gives you hope.

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