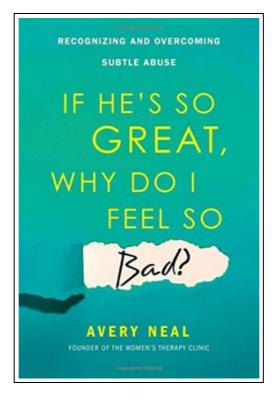
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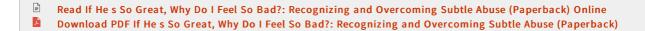
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Citadel Press Inc., U.S., United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Foreword by Lois P. Frankel, Ph.D., New York Times bestselling author of Nice Girls Don t Get the Corner Office ARE YOU A VICTIM OF SUBTLE ABUSE? Are you always the one apologizing? Constantly questioning and blaming yourself? Do you often feel confused, frustrated, and angry? If you answered yes to any of these questions, you re not alone. Nearly half of all women--and men--in the United States experience psychological abuse without realizing it. Manipulation, deception, and disrespect leave no physical scars, but they can be just as traumatic as physical abuse. In this groundbreaking book, Avery Neal, founder of the Women s Therapy Clinic, helps you recognize the warning signs of subtle abuse. As you learn to identify patterns that have never made sense before, you are better equipped to make changes. From letting go of fear to setting boundaries, whether you re gathering the courage to finally leave or learning how to guard against a chronically abusive pattern, If He s So Great, Why Do I Feel So Bad? will help you enjoy a happy, healthy, fulfilling life, free of shame or blame. This book can open eyes for people who may have lost pieces of themselves along the way. Great examples and exercises. It is a companion from start to finish. --Dr. Jay Carter, author of Nasty People No-nonsense insights and practical ways to regain control of and empower your life. --Dr. George Simon, author of In Sheep s Clothing The new gold standard in abuse recovery, allowing readers to break free from old patterns and reclaim their lives. --Jackson MacKenzie, author of Psychopath Free This insightful book can awaken self-esteem, save relationships, even save lives. --Gavin de Becker, author of The...



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