

Emotionally Abusive Husbands and Boyfriends: Learn about their Mentally Abusive Behavior So You Don't End Up Crazy!

Sharon Walsh Cook

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Emotional abuse is more than just derogatory insults and name-calling. Some forms of emotional abuse can be difficult to recognize. Even though they may be less obvious and therefore harder to detect, these tactics can severely affect your mental and emotional well-being, especially if the abuse continues. The forms of emotional abuse that damage your mental health are common in relationships, but unrecognizable to many who encounter them. Emotionally Abusive Husbands and Boyfriends provides personality profiles to help you uncover these forms of emotional abuse. It names the different types of emotionally abusive behaviors so that you can easily identify them in your relationship and includes information about stalking. This guide explores the possible reasons that men engage in abusive behaviors. It explains why you shouldn't confront an abuser about his behavior and what steps you can take to protect yourself and heal from the abuse. If you cannot figure out what's wrong in your relationship, it's time to take action. The personality profiles this guide offers could be just what you need to end the confusion and correct the problem so that you can heal.



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