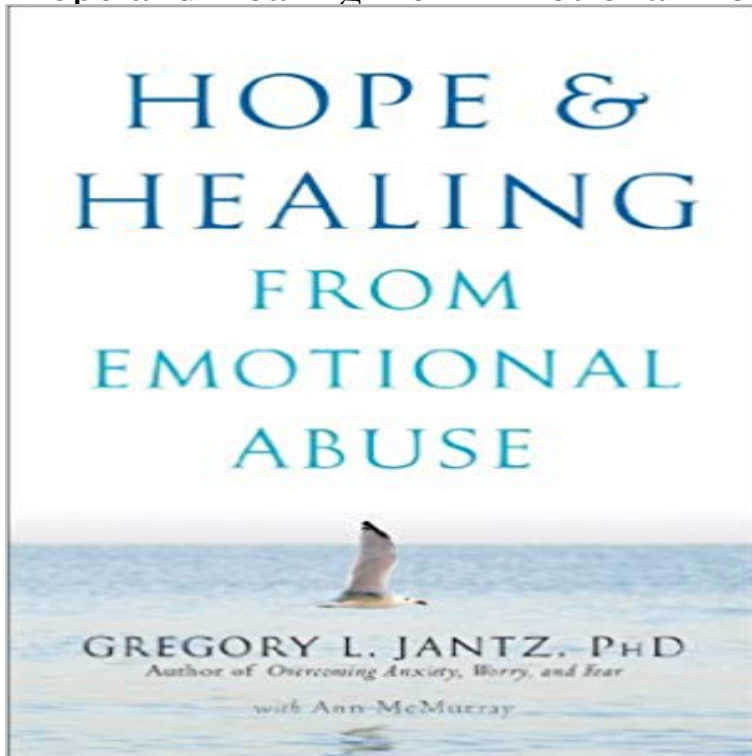


Hope and Healing from Emotional Abuse



You can overcome emotional abuse. Whether you or a loved one has been abused by words, actions, or even neglect, this book shows you the path to healing, offering you strategies for dealing with a verbal abuser, interactive tools to learn about your personal situation, steps to rebuilding relationships on trust and respect, stories from survivors of emotional abuse, biblical help to restore your soul. You are not alone, and you don't have to suffer in silence. If you have been abused by a spouse, parent, employer, minister, or friend, this book can open the doors to healthier relationships and lasting healing. Gregory L. Jantz, PhD, is the award-winning author of more than twenty-five books, including *Controlling Your Anger before It Controls You*. He is the founder of The Center for Counseling & Health Resources, Inc. (www.aplaceofhope.com) in the state of Washington. Ann McMurray has coauthored several books, including *Controlling Your Anger before It Controls You*. She lives in Washington.

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