



# **Emotional Abuse: The Survivor's Guide to How to Break Hold of Emotional Control By Not Blaming Yourself or Playing the Victim and Change Your Life for the Better**

*Madeleine Morgan*

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Emotional abuse isn't physical and thus doesn't always leave physical evidence. Moreover, it's not as obvious as the glitzy lights of Hollywood always seem to portray it. There's more to it than insults and harsh words. This is the reason why this understated form of abuse remains under the radar for most women.

Surviving emotional abuse may seem overwhelming at first. This book is going to help you take the appropriate action if you are indeed a victim of abuse. There is no easy answer for a relationship where you love someone that's abusive, but together we will get through this. In the end, I can assure you one thing: You will be glad you did it. There is no greater feeling than taking the reigns of your own life and doing what's right for you!

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