



## Hope and Healing from Emotional Abuse

By Gregory L. Jantz Ph.D., Ann McMurray



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Whether caused by words, actions, or even indifference, emotional abuse is common--yet often overlooked. This helpful guide reveals how those who have been abused by a spouse, parent, employer, or minister can overcome the past and rebuild their self-image. It includes

- strategies for dealing with the verbal abuser
- self-check quizzes with each chapter
- keys to rebuilding relationships
- letters from survivors of emotional abuse
- help dealing with spiritual abuse
- a biblical plan for healing

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