



## Healing the Scars of Emotional Abuse

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

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This helpful guide reveals how those who have been emotionally abused can overcome the past and rebuild their self-image.

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## **Editorial Review**

Review

"This book offers a balm for the battered soul."

From the Back Cover

Hope and healing for the victims of emotional abuse

Emotional abuse is one of the most pervasive--and least recognized--kinds of abuse in our society. Whether you or a loved one has been abused by words, actions, or even indifference, this book will show you how to overcome the past.

In this revised and updated edition, you'll find

- strategies for dealing with a verbal abuser
- self-check quizzes
- keys to rebuilding relationships
- stories from survivors of emotional abuse
- new information on spiritual abuse
- a biblical plan for healing

Don't suffer in silence. If you have been abused by a spouse, parent, employer, minister, or friend, this book can open the doors to lasting healing.

"If you are suffering from the pervasive pain of emotional abuse through words or actions, you have suffered long enough. This book offers a balm for the battered soul."--Les Parrot III, professor of clinical psychology, Seattle Pacific University

"The scriptural and biblically oriented guidance found in this carefully crafted book will prove of inestimable value to all who accept--and adopt--its valid advice."--Ted Engstrom, former president, World Vision International

Gregory L. Jantz, PhD, is founder and director of The Center for Counseling and Health Resources, Inc., in the Seattle area, and is the author of several books. He has a daily radio show and conducts seminars on a variety of subjects.

Ann McMurray has helped Jantz write several books. She lives in Washington and works at The Center for Counseling and Health Resources, Inc.

About the Author

**Gregory L. Jantz, PhD**, is founder and director of the Center for Counseling and Health Resources in Edmonds, Washington, and the author of eleven books. He has a daily radio show in the Seattle area and conducts seminars on a variety of subjects.

**Ann McMurray** has helped Jantz write several books. She lives in Washington and works at the Center for Counseling and Health Resources, Inc., in the Seattle area.

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#### **Sergio Espinoza:**

The event that you get from Healing the Scars of Emotional Abuse will be the more deep you searching the information that hide inside the words the more you get considering reading it. It does not mean that this book is hard to comprehend but Healing the Scars of Emotional Abuse giving you excitement feeling of reading. The article author conveys their point in certain way that can be understood through anyone who read that because the author of this guide is well-known enough. That book also makes your own vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this kind of Healing the Scars of Emotional Abuse instantly.

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Information is provisions for people to get better life, information today can get by anyone at everywhere. The information can be a information or any news even restricted. What people must be consider any time those information which is in the former life are hard to be find than now could be taking seriously which one would work to believe or which one the particular resource are convinced. If you get the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All those possibilities will not happen within you if you take Healing the Scars of Emotional Abuse as the daily resource information.

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#### **Mary Ransom:**

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