



The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope

Leslie Vernick

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Something Has to Change...

You can't put it into words, but something is happening to you. Your stomach churns, your heart aches, and the tension in your marriage is making you feel weary and a little crazy. The constant criticism, disrespect, cruelty, deceit, and gross indifference are eroding your confidence and breaking your spirit.

For any woman caught in an emotionally destructive marriage, Leslie Vernick offers a personalized path forward. Based on decades of counseling experience, her intensely practical, biblical advice will show you how to establish boundaries and break free from emotional abuse. Learn to:

- identify damaging behaviors
- gain the skills to respond wisely
- promote healthy change
- stay safe
- understand when, why, and even how to leave
- recognize that God sees and hates what is happening to you

Trying harder to be a perfect fantasy wife won't help fix what's wrong your marriage. Discover instead how you can initiate effective changes to stop the cycle of destruction and restore hope for the future.

“Women in an emotionally abusive marriage do not need another book on how to have a good marriage; those books rub salt in raw wounds. No, they desperately need this book so that they can diagnose just how bad their marriage is and then, with Leslie's clear expertise, develop a plan that will either begin to turn their marriage around...or give them a wise route of escape.”

—Dee Brestin, author of *Idol Lies* and *The Friendships of Women*

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Matthew Segal:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a stroll, shopping, or went to the particular Mall. How about open as well as read a book allowed The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope? Maybe it is for being best activity for you. You realize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with the opinion or you have some other opinion?

Daryl Pena:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope your brain will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely might be your mind friends. Imaging each and every word written in a reserve then become one web form conclusion and explanation in which maybe you never get prior to. The The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope giving you one more experience more than blown away your brain but also giving you useful data for your better life on this era. So now let us demonstrate the relaxing pattern is your body and mind are going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Tiffany Hernandez:

Are you kind of hectic person, only have 10 or perhaps 15 minute in your time to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short space of time to read it because this all time you only find publication that need more time to be learn. The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope can be your answer as it can be read by you who have those short free time problems.

Curtis Waters:

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