



Victory Over Verbal Abuse: A Healing Guide to Renewing Your Spirit and Reclaiming Your Life

Patricia Evans

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"You're too sensitive." "You'll never amount to anything." "You're crazy."

If this is what you hear--from your spouse, your parent, your boss--then you've been the victim of verbal abuse. This insidious behavior permeates our culture--from the privacy of our own homes to the public glare of our schools, workplaces, and other institutions.

But you don't have to live with it. In this groundbreaking companion to her bestselling *The Verbally Abusive Relationship*, acclaimed public speaker, educator and author Patricia Evans brings you the tools you need to triumph over verbal abuse, no matter where or how you encounter it.

She'll guide you step by step through a powerful healing process that provides:

- A thorough review of available therapies
- Strategies for dealing with abusers
- Positive messages of support and encouragement
- Inspiring affirmations for every week of the year

With Patricia's help, you'll achieve the clarity you need to build a new life--far from senseless accusations, wounding words, and confusing comments that have taken an untold toll on your psyche. You'll find validation, and learn to believe in yourself--and a better future--once more.

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