



# The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

*Beverly Engel*

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# The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

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**The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing** Beverly Engel

In the bestselling tradition of *The Emotionally Abused Woman* "A good, solid treatment of an insidious but all-too-common type of relationship...Engel doesn't just describe she shows us the way out." Susan Forward, PhD, author of *Emotional Blackmail* Emotional abuse is a major epidemic in our culture. In this prescriptive book, Beverly Engel identifies the types of emotionally abusive behavior, providing strategies to help those who are being abused to confront their partners and begin making the necessary changes that will transform their relationships. She also shows emotionally abusive people how to stop abusing and offers help to couples who have slipped into a mutually unhealthy style of interacting. Beverly Engel (Los Osos, CA) is the author of twelve nonfiction books and has been a psychotherapist for over 25 years. She conducts professional training programs and has appeared on many national television shows, including Oprah, Donahue, Ricki Lake, and CNN. Her books include *Loving Him Without Losing Him* (0-471-40979-0) and *The Power of Apology* (0-471-21892-8), which was a finalist in the Books for a Better Life Awards competition.

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