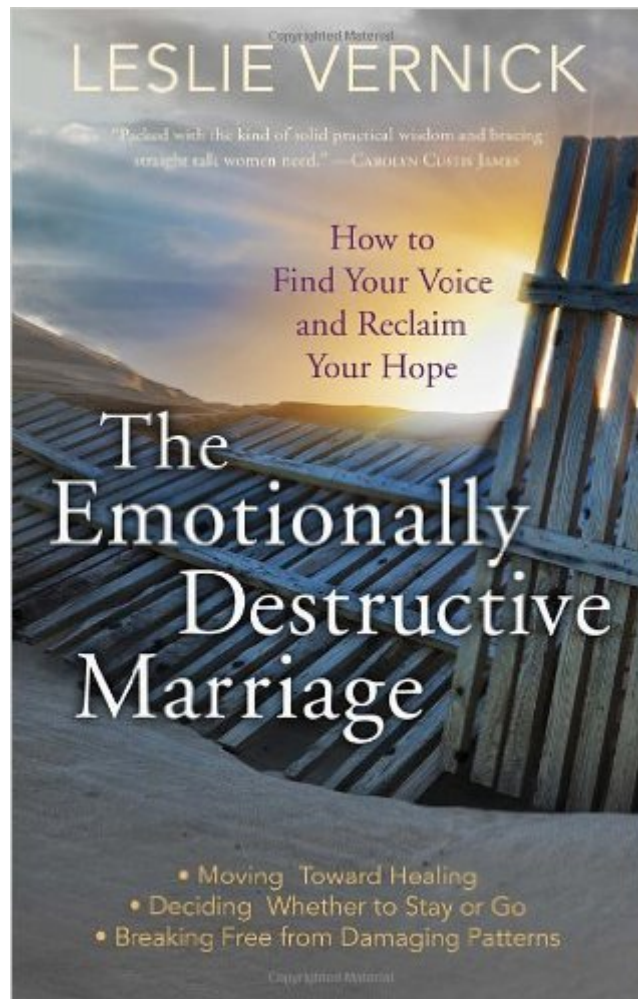


The book was found

The Emotionally Destructive Marriage: How To Find Your Voice And Reclaim Your Hope



Synopsis

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*

Book Information

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Customer Reviews

I found this book literally after crying out to God one day to just lead me to the truth about my marriage. I was so emotionally torn after receiving advice from Christian friends to just hang in there, keep forgiving and keep trying to be the wife my husband wants, vs. a Christian therapist telling me I needed to make my husband face consequences for his abuse. I thought for 14 years God wanted me to turn the other cheek, submit, and love without conditions. This not only enabled my husband to continue with his abusive behavior, but it also made me start to turn away from God. I felt like God loved my husband and his needs far more than He loved me, to the point that He expected me to put up with disrespect, berating, name calling, being ignored all the time, being treated like nothing more than an object, some physical abuse, the list goes on. So I found this book after doing just one Google search and I read what I could of what was inside of it through 's Look Inside feature. I literally wept the hardest I have in my life when I read the first two chapters stating that God loves me and didn't want this kind of marriage for me or any other woman. That what I was dealing with was not what a marriage should be and God didn't expect me to put up with it. It was the first time I had ever heard this and it was like being freed from a prison cell. I bought this book and had it overnighted. Once I got it I could not put it down. I had no idea what the extent was of the abuse I was dealing with until I read this book. I felt so understood-- for once! -- and received much more love and encouragement from Leslie's words than I ever received from the church's many teachings that women must love and forgive their husbands no matter what.

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