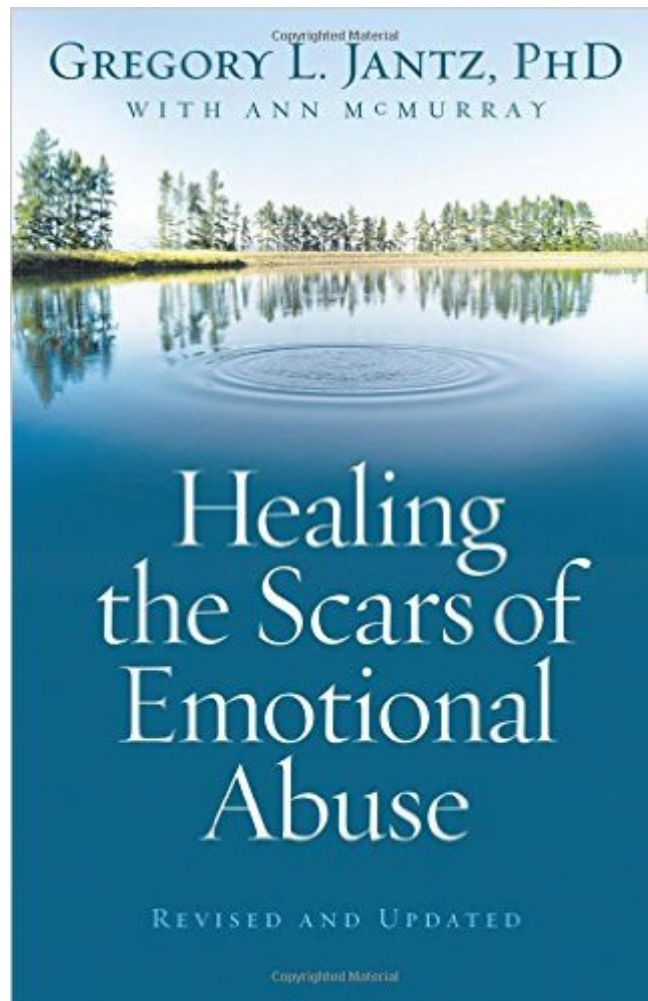


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# Healing The Scars Of Emotional Abuse



## Synopsis

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

## Book Information

Paperback: 304 pages

Publisher: Revell; Rev Upd edition (February 1, 2009)

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #60,967 in Books (See Top 100 in Books) #36 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #118 in [Books > Self-Help > Abuse](#) #134 in [Books > Parenting & Relationships > Family Relationships > Conflict Resolution](#)

## Customer Reviews

So many of us have grown up in a society where, if abuse is even recognized, it is not considered really damaging unless it is physical or, God forbid, sexual. Not enough emphasis has been placed on how deeply wounding emotional abuse can be on an individual. Sure, the media has sometimes identified cases where severe bullying has wreaked havoc on adolescent development. I cannot think of a book, however, that is more comprehensive on the subject of emotional abuse than *Healing the Scars of Emotional Abuse*. I first saw the book for sale at an Army post exchange. Thumbing through it I later decided to purchase it through [.com](#). I am really glad I did. It was most informative. There are four parts in the book: Part 1 concentrates on understanding emotional abuse from defining it to explaining why it is so common and informing the reader just how damaging it can be. Part 2 describes types of emotional abuse identifying emotional abuse through words, actions, neglect and even a chapter entitled "Spiritual Abuse: The Bible as Bludgeon." Finding myself living in the Bible Belt of the United States I was naturally drawn to that chapter. I agreed with the author that religion should CONTRIBUTE to an individual's self esteem. The author admitted however that "unfortunately religious faith HAS been used as an abusive weapon in a relationship." This is perhaps the FIRST book I have ever read that dared to admit this.

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