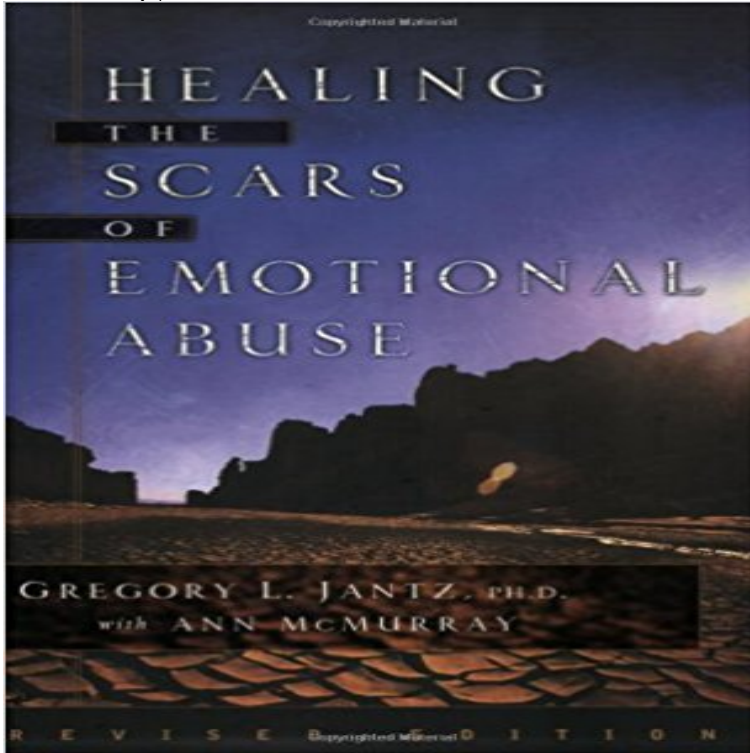


## Healing the Scars of Emotional Abuse



There are no bruises to yellow and heal, no gaping wound to point to. But, in spite of their invisibility, emotional wounds are a very damaging form of abuse. Whether caused by words, actions, or even indifference, emotional abuse is very common-yet often overlooked. In this helpful guide, Christian therapist Gregory Jantz examines why emotional abuse is so common and damaging. He reveals how those who have been abused by a spouse, parent, employer, or minister can overcome the past and rebuild their self-image. This new expanded edition of *Healing the Scars of Emotional Abuse* now includes:

- \* strategies for dealing with the verbal abuser
- \* self-check quizzes with each chapter
- \* keys to rebuilding relationships
- \* letters from survivors of emotional abuse
- \* new information on spiritual abuse
- \* a biblical plan for healing

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