



Most common questions about surviving emotional abuse...and the answers

Patrick de Ferreira, Michael Mardel

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DID YOU KNOW THAT MEN CAN BE ABUSED?

How do you cope with an angry partner/friend? We will look at cognitive behavior therapy to give you some methods of coping. We will look at your mindset and how you could change it to have a healthy relationship.

And how many times do you, might you, forgive your partner?

Most common questions about surviving emotional abuse...and the answers.

"This is a great read. It grabbed me from the start to the finish as it's discusses and explains different contexts of emotional abuse and progressively gives practical, sustainable solutions. I found this really interesting. Not only is this book helpful for those that are aware that they are subject to emotional abuse, but also to those that may not realise that they are. Also, it is a really interesting read from a neutral perspective for those that are not experiencing any emotional abuse because it is educational and principles can be applied to other walks of life and be used to identify any friends or family that may need support and how to provide it. I would definitely recommend it."

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