



Emotional Abuse: A Guide to Emotional Healing Through Discovering Happiness and Self Love (Paperback)

By Marianne Gracie

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. EMOTIONAL ABUSE RECOVERY BOOK - BE FREE OF YOUR PAST I used to wonder, what is the purpose of healing ourselves? There was only one answer I could come up with - To live more fully and enjoy each moment. This is something everyone deserves and what makes the journey completely worthwhile. In our modern society we are seeing a rise in the number of people who are unhappy or struggle with any number of psychological conditions. Terms such as lacking confidence, low self-esteem, anxiety and depression have all become the norm. Any such negativity sends our consciousness into an undesirable state where our lives feel like a continuous cycle of unhappiness and unfulfillment. These symptoms usually develop because of wounding from emotional abuse. The most damaging often occurs when we are young. This causes the personality to develop in a skewed way due to experiencing some psychological trauma. We can be victims of emotional abuse during any stage of life which will have a damaging effect upon us. This book will look to teach the reader about how emotional pain...



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