



# **The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope**

*Leslie Vernick*

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# The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope

Leslie Vernick

**The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope** Leslie Vernick  
**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*

*From the Trade Paperback edition.*

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#### **Michel Wilkerson:**

This book untitled *The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope* to be one of several books that will best seller in this year, this is because when you read this book you can get a lot of benefit upon it. You will easily to buy this kind of book in the book store or you can order it via online. The publisher of this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Smartphone. So there is no reason for you to past this guide from your list.

#### **Larry Carvajal:**

In this era globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The actual book that recommended for you is *The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope* this book consist a lot of the information of the condition of this world now. This particular book was represented just how can the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. Often the writer made some research when he makes this book. This is why this book ideal all of you.

#### **Darrell Mayo:**

Many people spending their time period by playing outside having friends, fun activity using family or just watching TV the whole day. You can have new activity to invest your whole day by reading a book. Ugh, think reading a book can really hard because you have to use the book everywhere? It ok you can have the e-book, getting everywhere you want in your Cell phone. Like *The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope* which is finding the e-book version. So , why not try out this book? Let's observe.

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