



# Emotionally Abusive Relationships: Your Guide to Healing from Emotional Abuse in Marriage and Divorce (Healing Emotional Abuse Book 3)

*Nora Femenia*

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## **Emotionally Abusive Relationships: Your Guide to Healing from Emotional Abuse in Marriage and Divorce (Healing Emotional Abuse Book 3) Nora Femenia**

Women usually think that leaving behind an abusive relationship solves everything, and emotional abuse recovery will automatically follow...

If you are here, your first worry is to get to a safe place, with no more emotionally abusive attacks on you.

**A little bit down the road, the long term effects of an emotional abuse relationship can hit you, challenging you with deeper questions:**

- Why all this abuse did happen to me?
- What is the meaning in my life of having an abusive relationship?
- How is it affecting my self-esteem?
- How do I go from my present situation of an abused wife to a different one of being a self-reliant woman, resilient to emotional attacks in the future?

Emotional abuse healing begins with your skill to see your own emotional abuse relationship inside the project of building the necessary skills of resiliency to fulfill your purpose in life.

**Abuse is a stepping stone to build the virtues of resilience you need now to take control of our own live!**

This book gives you a very different perspective: to see an emotional abuse marriage as a sacred contract entered into in order for you to develop extraordinary resilience skills. “Emotionally Abusive Relationships: A Guide to Healing from Emotional Abuse in Marriage and Divorce,” is not only a working manual for survivors who are freeing their lives from the weight of abusive relationships.

It is a complete map for your new life, charting the different milestones that signal your transformation from former victim to a more powerful, resilient and resourceful identity.

Emotionally Abusive Relationships: A Guide to Healing from emotional abuse in marriage and divorce, offers you a deep look at:

- The motivations behind all abusive behavior, as control;
- Why you need to remember your own life purpose;
- Learn what is the meaning of the abuse episode in your life;
- Identify the moment when you have learned the lesson and are ready to leave, or ready to change the relationship;

- Practical tips to heal yourself from the abuse and stress impact;
- How to repair your self-esteem and recover your life project!

This book will take you by your hand in the most exciting adventure of your life: recovering yourself!

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