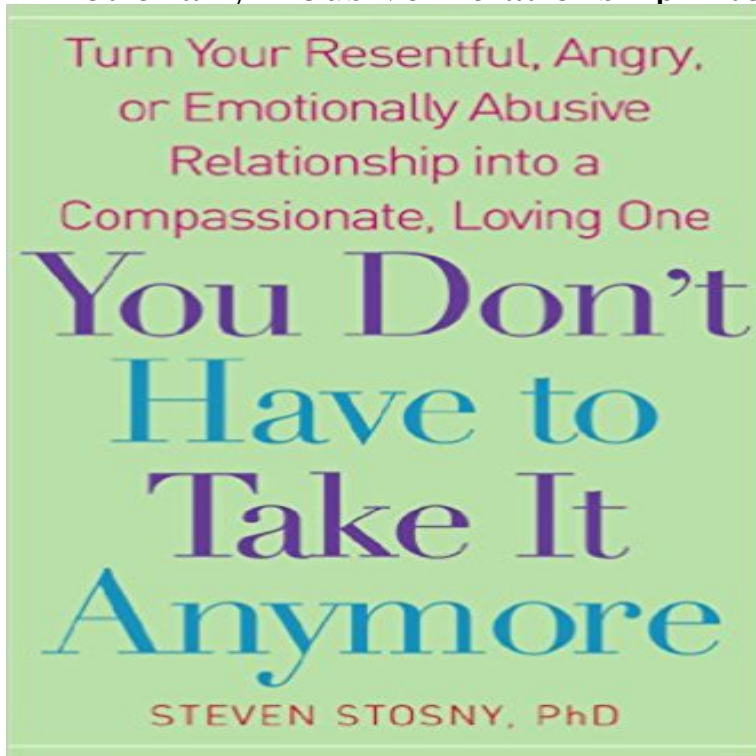


You Dont Have to Take it Anymore: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One

# You Dont Have to Take it Anymore: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One



As many as one-third of all American women tiptoe through life as if they are walking on eggshells -- at home, they spend most of their time trying to avoid criticism, anger, put-downs, or cold shoulders from their husbands or boyfriends. This verbal and emotional abuse can erupt over anything and everything, matters large and small: housework, cooking, work, spending money, buying household items and clothes for the kids, and going out. Clearly, verbal and emotional abuse is a serious problem. Relationship expert Dr. Steven Stosny has been featured on national media for the revolutionary techniques he uses in his Compassion-Power and Boot Camp programs, which help men rewire their resentment and anger, stop using emotionally abusive language and behavior, and compassionately recommit to their marriages and families. Now, in *You Dont Have to Take It Anymore*, Dr. Stosny puts his effective, highly sought-after program into print, making it widely available for the first time for women who want to stop walking on eggshells. Drawing on his seventeen years of experience treating thousands of clients, Dr. Stosny explains the many different forms a verbally and emotionally abusive relationship can take. He explains how to identify abuse and why its important to take action to change the relationship -- for not only is verbal and emotional abuse monumentally destructive to both the adults in the relationship, it also hurts their children. Dr. Stosny shows women and men

how to apply his methods at home, shows women how to get their men to change, and demonstrates how they can know if change is permanent. Additionally, Dr. Stosny's program helps women recover from the pain and abuse by practicing self-healing skills so that they can reclaim their natural sense of competence and confidence. Using language that is more compassionate and accessible than in any other book on relationship abuse -- and different tactics from most other therapies and therapists -- You Dont Have to Take It Anymore presents a practical program that both women and men can use to stop verbal and emotional abuse.

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