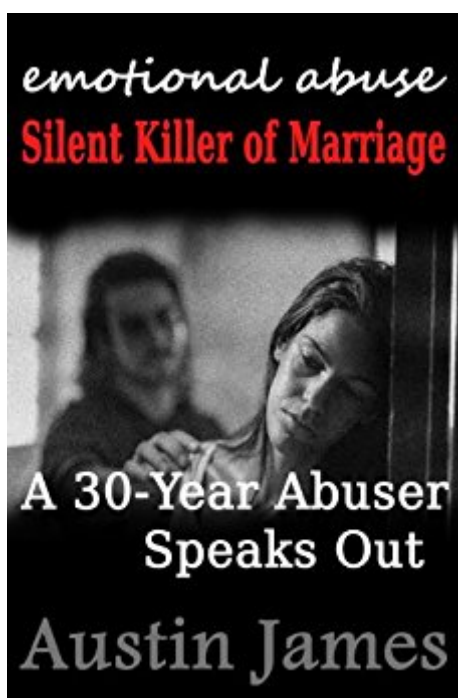


The book was found

Emotional Abuse: Silent Killer Of Marriage - A 30-Year Abuser Speaks Out



Synopsis

Stuck in an Emotionally Abusive Relationship? Burrow inside an abuser's head and find out why I...*

- * am so charming one minute and a raging manic the next
- * blame you for everything
- * must stay in control all the time
- * belittle your feelings, opinions, or your accomplishments
- * try to punish you
- * never seem to support you
- * cut you down in front of friends and family
- * can't stop my behavior even if I wanted to
- * cause you to walk on eggshells around me
- * am angry so much of the time
- * don't provide your emotional needs
- * can't admit when I am wrong
- * expect so much of you
- * can't accept the word NoGo

on a revealing, first hand journey with a man, husband, and father who spent 33-years locked in the prison of emotional abuse, as it destroyed his 24-year marriage and crippled the woman and children he loves. Experience the awakening that hurled him through a nightmarish journey to the most inner core of his soul. Discover what he learned during five years of recovery as he put his emotionally destructive lifestyle behind him, and later, discovered that the horrors of his 33-year abusive life stemmed from events that happened as a teenager, following the unexpected death of his father. If you have a dysfunctional relationship or marriage, Discover:

- * The motivations behind the abusive behavior
- * Whether there is hope for the relationship or if it is time to get out
- * Practical tips to heal should your spouse commit to get help

Anyone trapped in a manipulative, controlling relationship full of anger, yelling, and arguments, yet who yearns to have a relationship and marriage full of love, emotional intimacy, and trust will gain insight and practical knowledge and guidance from this book. Answer the questions:

- * What role childhood plays in an abuser's life
- * How does a too-close relationship with mom affect a husband
- * What is the 'payoff' to abuse in marriage
- * Codependency and the role of the rescuer
- * What type of counseling won't work and which is best
- * How to know if it's time to leave the relationship
- * How to tell if your mate is really changing
- * What is the Dr. Jekyll / Mr. Hyde personality
- * What role anger plays in the abuse inflicted on others
- * What is Arrested Development and what role does it play
- * Root causes of abuse

if you recognize even some of these traits within yourself, or someone you love, you owe it to you and to all those around you, your spouse, children, family, friends, and coworkers to read this book.

Book Information

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Health > Codependency

Customer Reviews

This is the book that opened my eyes to the truth of my marriage. I bought it on a Saturday, read it over the weekend and found the name of a counsellor on Monday. Before this I was constantly micro-analysing each incident of abuse in an attempt to figure out what went wrong rather than standing back and looking at the big picture. Over the years I stopped being a woman and became a workhorse, stopped being a person and became an appliance. Every hobby and interest was sabotaged or made so difficult to pursue that I gave up. Things I valued were 'accidently' broken, lost or discarded until I gave up valuing anything at all. I have no choice in the colours of my home environment even though my husband is colour blind and am not allowed to have a garden as he did not want 'his yard' messed up. This book also explained what happened to my husband; how he was a little man at 12, painting the exterior of his mother's house, and supporting her since he was 16. I always felt like the other woman in my own marriage, with the 'couple' being him and his mother. Her resentment towards me was as obvious as his anger towards her; however his anger was directed to me. After reading this book I realise it was all doomed from the start but I thought if I just tried harder, was nicer, did something different all would be okay. I am over walking on eggshells, keeping out of his way and being blindsided by explosive rages and unreasonable demands directed at me without reason or warning. I am over being belittled, bullied, blamed and abused. This book was the catalyst for me seeing the truth.

It's about time I read a book from an abuser's perspective. I separated from my husband after 12

years of marriage because I was tired of being mistreated and because I could see myself turning into an emotional wreck. Now I know what my husband thinks, what to do about it, and to only return when he gets himself together. I saw my husband all through this book. This book opened my eyes. I don't cry anymore. Thanks, Jr. James.

The poor editing, word omissions and misuse/misspelling of words I found a bit distracting and had the effect to me of lessening the author's credibility a bit. I also had the sense that one author wrote the autobiography portion and another author wrote the advice section. Or that the advice section was taken from other sources and compiled here by Austin James more in the style of the educated writers/researchers on this topic. But, overall I felt it was a good enough book with good enough advice to warrant reading in the event you find yourself on either side of this issue.

This book was very validating. He has come to understand the pain the abused spouse experiences. The most helpful chapter for me was about how to tell if your spouse is really changing. These are many of the things I was looking to see (and haven't). It was great to have a recovering abuser validate that it is not your fault! Your healing will take time and you should be allowed that time! In spite of spelling and grammar errors, this book is well worth reading!!! can't speak to whether or not it would get through to my abuser. I'm waiting to see if he will read it.

this was a pretty good book, it made me think about my own behaviors and where i am stuck emotionally. While I am not in an abusive relationship or an abuser, i can see how this book would help those in that situation. This isn't a super long or deep book so people in those situations would probably go on to other books for more help, but it was a nice overview of his experience as an abuser. my one comment to Austin - you talk alot about wanting to get back with your ex, and while i can tell that you regret what happened and miss her, going on and on about it literally 5 years later tells me that you still think she was wrong about divorcing you, a little bitter, and in a way still a bit stuck in an "all about me" sort of attitude. Loving her as you say you do means respecting all of her decisions, even the ones you don't like.

Unlike every other book I have read on this subject, Austin James allows us to look at emotional abuse through the eyes of a former abuser. I felt like Austin had sat across the kitchen table from my husband and me for the past 33 years & saw every interaction & heard every argument. Austin gives us a rare look inside the heart & mind of an

abuser. Making no excuses and taking full responsibility for his actions, he makes a strong case that his childhood emotional damage set the stage for his adult abusive behaviors. While not being a professional, he has found this to be common among the abusers he is currently working with and says they simply do not know how badly they are hurting the people they love. Repeatedly, he states that healing is possible - and that there is hope - and that becoming AWARE is the place to begin. Austin then goes on to describe the healing process he went through - including personal examples of successes, set-backs, and ongoing challenges. He concludes by offering compassion to those who have been abused and gives insider advice on how we can encourage our abuser get the help they so desperately need. After 33 years of marriage, I personally have chosen to live separately from my emotionally abusive husband. Currently I am standing on 1 Corinthians 7: 11, remaining unmarried, and praying that God would reconcile us. I would also highly recommend reading *The Emotionally Destructive Relationship* by Leslie Vernick and *Fool~Proofing Your Life* by Jan Silvious.

This is an excellent book on the subject of domestic violence. Austin James did a thorough and concise job of truly writing down what goes on in an abusive relationship. Having just come out of a violent marriage after many many years, I can tell you I experienced everything he wrote about from my own partner. This book is a must read for every woman in or leaving an abusive relationship. I commend Mr. James for having the insight to want to change and grow as a human being. This book helped me to find closure in certain areas of my relationship and to also understand how the mind of an abuser really thinks.

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