



# Overcoming Emotional Abuse

*Susan Elliot-Wright*

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## **Overcoming Emotional Abuse** Susan Elliot-Wright

Many women assume that abuse is always physical. But this is not always the case. Psychological, verbal and emotional abuse may not cause broken bones or black eyes, but when one person persistently inflicts severe mental pain on another by the use of fear, intimidation, humiliation and manipulation, the damage can be just as serious. The resulting deep emotional scars may take years to recover from. Susan Elliot-Wright explores the nature of this often subtle manipulative behaviour and what can be done to break the cycle. As well as offering emotional support, the author looks at the practicalities that may be involved, such as consulting a solicitor or gaining access to benefits. Subjects covered include: types of emotional abuse; who may be a victim, and why; how to protect yourself and any children; sources of help such as women's refuges; can an abusive relationship survive?; helping the abuser; forming a new life.

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