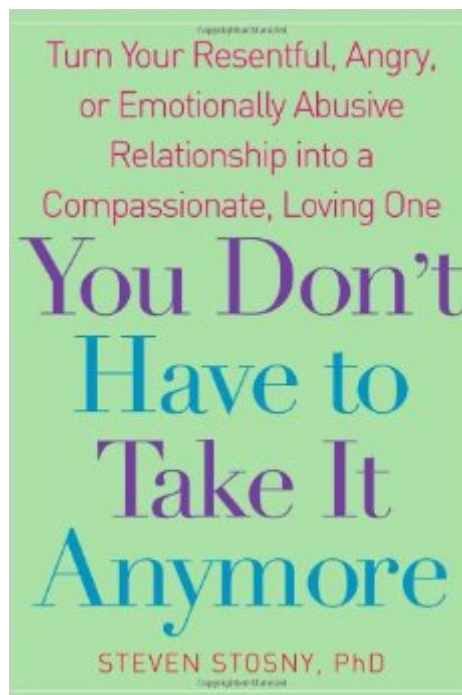


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# You Don't Have To Take It Anymore: Turn Your Resentful, Angry, Or Emotionally Abusive Relationship Into A Compassionate, Loving One



## Synopsis

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 Don't 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 it's 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 Don't Have to Take It Anymore* presents a practical program that both women and men can use to stop verbal and emotional abuse.

## Book Information

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## Customer Reviews

I read this book twice and then also summarized some key points (as it was a library book). Overall, the message I took away (as the person who is walking on eggshells) is that it is only up to me to stop being angry and resentful for what my spouse did to me (emotional abuse), and it was up to me to start my own healing. Maybe that sounds like common sense, but I guess I never was fully aware that I can stop the anger and resentment I felt after I learned he knew he was being abusive to me the whole time. Maybe that was just the next emotion to come out when you are no longer putting your energies into walking on eggshells. The other big thing I took away was that you can build up your own core value, which in turn will protect you from dings/dents from other people. I don't think I ever really internalized the words/messages from my spouse, which is probably why I didn't waste many precious years with him (nor do we have children). I never thought I was those things he said to me. Yes, he still saddened and disappointed me with his behavior and views on me. But still building up your core value will only be beneficial to you and help you do what is in the best interests for yourself. What I did not get is how exactly you valuing yourself more would cause, in turn, for your spouse to treat you with more value. When I did most of the things he talked about, this actually made the abuse worse. Some of the worse months were when I truly believed I deserved to be treated better and acted so. And then handing him a book to read? HA! I guess Stosny did say at one point you'd have to leave in order to get him to fully realize. Unfortunately I left because I had had enough and couldn't take it anymore, and all the love was killed.

I bought this book shortly after my wife had had enough of my angry, resentful and emotionally abusive behavior. I had recognized my problem behavior and been to counseling for years but it did not work. I was even taking medication in order to change my behavior and save my marriage - again, it did not help. When I bought the book, my marriage was over but I was still looking to improve myself for my children. I had to do something or my children would grow up hating me. I read the book and it was like a light went on. I understood where the anger came from, why it was so hard to control and why the endless counseling sessions never helped. I had a sense of hope I had never had before. I started the HEALS exercises right away and within a week I could feel a difference. I attended one of Dr. Stosny's Boot Camps - it was amazing. The insight into relationships that I learned was incredible. After two weeks of doing the HEALS I felt amazing. I felt a sense of calmness and a sense of control (over myself) that I had never felt before. I was actually happy, deep down inside. It has been a difficult road but my wife and I are back together and doing well. I still have my moments of anger but they are very few and far between. Practicing HEALS on occasion helps. I cannot say enough positive things about this book. This book and Dr. Stosny have

changed my life and I thank God for bringing both of them into my life. If you are an abuser or feel you are being abused (i.e., walking on eggshells) PLEASE buy this book and get the help you deserve. If you're not sure, click on the "Search Inside" and look at the Excerpt Section. Take the "Walking on Eggshells Quiz" and see how many times you'd check the "Most of the time".

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