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By Patricia Evans



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The Verbally Abusive Relationship, Expanded Third Edition: How to recognize it and how to respond By Patricia Evans

In this fully expanded and updated third edition of the bestselling classic, you learn why verbal abuse is more widespread than ever, and how you can deal with it. You'll get more of the answers you need to recognize abuse when it happens, respond to abusers safely and appropriately, and most important, lead a happier, healthier life.

In two all-new chapters, Evans reveals the Outside Stresses driving the rise in verbal abuse - and shows you how you can mitigate the devastating effects on your relationships. She also outlines the Levels of Abuse that characterize this kind of behavior - from subtle, insidious put-downs that can erode your self-esteem to full-out tantrums of name-calling, screaming, and threatening that can escalate into physical abuse.

Drawing from hundreds of real situations suffered by real people just like you, Evans offers strategies, sample scripts, and action plans designed to help you deal with the abuse - and the abuser.

This timely new edition of *The Verbally Abusive Relationship* puts you on the road to recognizing and responding to verbal abuse, one crucial step at a time!



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Editorial Review

Review

"The book that helped change Brandy's life." Oprah.com "A groundbreaking book..." --Newsweek "A great, great book." --Sonya Friedman, CNN"

About the Author

Patricia Evans is the bestselling author of four books, including *The Verbally Abusive Relationship*, *Verbal Abuse Survivors Speak Out*, *Controlling People*, and *The Verbally Abusive Man: Can He Change?* A highly acclaimed interpersonal communications specialist, public speaker, and consultant, Evans has appeared on Oprah, CNN, national radio, and in Newsweek and O, The Oprah Magazine. Evans lives in the San Francisco Bay Area and can be reached via her website at www.VerbalAbuse.com.

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