



Invisible Scars: How to Stop, Change or End Psychological Abuse

Catharine Dowda

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Psychological abuse between couples consists of devious mind games — creating an environment of fear, weakening the partner's defenses, damaging their self-esteem, causing someone to feel like he or she is crazy, and, perhaps worst of all, making the victim feel as though they are unable to escape. All of these manipulations are meant to establish or maintain control, and *Invisible Scars* examines the complexities of this insidious abuse and the reasons people have for staying or leaving. Direct and reader-friendly, the book offers insights and suggestions to both victim and abuser to bring about positive change. Poignant case studies and first-person accounts from both victims and abusers provide thought-provoking questions for the reader to consider and act upon, making this guide a valuable resource for those in psychologically abusive relationships and their loved ones, as well as for psychological professionals.

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