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## A Guide to Self-Defense Against Psychological Abuse

Protecting Yourself and Getting Out

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A complete guide to learning about and recognizing psychological violence and defending yourself against it.

Contrary to physical abuse, which is more obvious, psychological and emotional abuses are often harder to point out and evaluate. They can slowly and insidiously emerge in the victim's daily life, creating a vicious cycle of suffering. Psychological abuse represents a form of violence as yet little explored, although we are all exposed to it. This book offers assistance in deciphering the main mechanisms of psychological abuse (emotional blackmail, control and manipulation, passive-aggressive behaviors, codependency, harassment) to effectively protect ourselves and/or recover from it.

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