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The Secret of Overcoming Verbal Abuse offers you an entirely new way of perceiving and dealing with your abuse. It contains solid, time-tested, proven techniques that will wrap themselves around you like a thick, warm, protective blanket, insulating you from the pain of the mistreatment you are receiving or have received in the past.

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The Secret of Overcoming Verbal Abuse by Albert Ellis

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The Secret of Overcoming Verbal Abuse page 35 As incredible as it sounds, the devastating emotions you attribute to being verbally abused are of your own making.

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