



Why Is He So Mean To Me? (2nd Edition)

Cindy Burrell

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Why Is He So Mean to Me?

Just because your spouse or partner isn't hitting you doesn't mean you are not being abused. And although others may not acknowledge the abuse, the wounds you carry and the scars that remain will be deep and lasting just the same.

Why Is He So Mean to Me? offers a sobering look at verbal and emotional abuse and the confusing, chaotic and debilitating commonalities of the enabler-abuser relationship.

The second edition more deeply explores the highly predictable abuse dynamic and unveils the abuser's mindset and many of the abuser's common tactics. It also provides an in-depth look at the victim's efforts to earn her abuser's love, why those efforts fail, and how the abuser will likely respond when her actions and responses to the abuse change.

Why Is He So Mean to Me? provides a wealth of valuable, firsthand insight, the kind of clarity a confused victim needs to begin the process of reclaiming her value and her life.

I have been where you are. You are not crazy. You are not alone. And you don't have to live this way.

- Cindy Burrell, Abuse Survivor and Author

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Kathryn Botello:

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