



How to Recover From Emotional Abuse: Heal Your Broken Heart

Tamara Bris

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Are you in an abusive relationship? Have you left an abusive relationship? Then this book is for you. It's bad enough to be emotionally abused, but what happens after you leave the relationship? The act of leaving the relationship won't instantly make your life better. You need to regain your confidence - in fact, you need to rebuild your life. How do you begin to create the life you want after abuse? This book helps you on your journey to the life you want.

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