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She is the author of The Right to  
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Woman, Overcoming Families in Recovery, and Raising Your Sexual Self-Esteem. She has shared her expertise on The Oprah Winfrey Show, The Phil Donahue Show, The Sally Jessy Raphael Show, and Ricki Lake.

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Recognizing the signs of emotional abuse is the first... 2. Recognize the Qualities of a Healthy Relationship. Still not sure if

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midst of it, it can be easy to miss the persistent undercurrent of abusive behavior.

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Emotional abuse is one of the hardest forms of abuse to recognize. It can be

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subtle and insidious or overt and manipulative. Either way, it chips away at the victim's self-esteem and they begin to doubt their perceptions and reality. The underlying goal of emotional abuse is to control the victim by discrediting, isolating, and silencing.

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*Woman: Overcoming*

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Emotional abuse is one of the most subtle  
and devastating experiences a person can

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Woman. I meet a lot of other survivors (and thrivers) who have been through emotional abuse.

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