

# Break the Cycle of Abuse: "When Abuse Becomes An Inside Job" Unlocks the Path to Success



## Self-Harm: When Abuse Becomes an Inside Job (The Success Series Book 3)

★★★★★ 5 out of 5

Language : English  
File size : 5994 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 170 pages  
Lending : Enabled



## Empowering Victims to Reclaim Their Lives and Thrive

Abuse is a pervasive and insidious force that can shatter lives, leaving victims feeling lost, broken, and unworthy of happiness. But there is hope. In the groundbreaking book "When Abuse Becomes An Inside Job," renowned author and abuse survivor Dr. Beverly Engel unveils a transformative path to healing and empowerment.



## **Unveiling the Devastating Effects of Abuse**

Abuse takes many forms, both physical and emotional. It can manifest as physical violence, sexual assault, verbal abuse, or neglect. Regardless of its form, abuse inflicts profound damage on its victims, leaving lasting scars on their minds, bodies, and spirits.

Dr. Engel, herself a survivor of childhood abuse, draws upon her own experiences and extensive research to paint a vivid picture of the devastating effects of abuse. She explores the ways in which abuse disrupts victims' sense of self-worth, undermines their trust, and can lead to a cascade of physical and mental health problems.

## **Breaking the Cycle: The Path to Recovery**

While the effects of abuse can be profound, Dr. Engel emphasizes that recovery is possible. In "When Abuse Becomes An Inside Job," she presents a comprehensive road map to guide victims on their journey towards healing and empowerment.

The book provides practical tools and exercises to help readers:

- Identify and challenge negative thought patterns
- Build healthy relationships and boundaries
- Develop a strong sense of self-love and self-worth
- Create a safe and supportive environment for themselves
- Seek professional help when needed

Dr. Engel's approach empowers victims to take control of their lives and break the cycle of abuse. By working through the exercises and strategies outlined in the book, readers can uncover their inner strength, reclaim their voices, and forge a path towards a brighter future.

## **The Power of Resilience and Success**

Healing from abuse is not an easy journey, but it is a journey that is worth taking. When victims are able to break the cycle of abuse, they not only regain their lives, but they also discover their own resilience and strength.

"When Abuse Becomes An Inside Job" is a testament to the power of the human spirit. Through the stories of abuse survivors who have triumphed over adversity, Dr. Engel demonstrates that it is possible to overcome the trauma of abuse and achieve lasting success.

Whether you are a survivor of abuse yourself, or you know someone who is struggling, "When Abuse Becomes An Inside Job" is an essential resource. This powerful book provides the tools, support, and inspiration needed to break the cycle of abuse and unlock the path to success.

## Free Download Your Copy Today

Take the first step towards healing and empowerment today. Free Download your copy of "When Abuse Becomes An Inside Job" and embark on the journey to reclaim your life and achieve lasting success.

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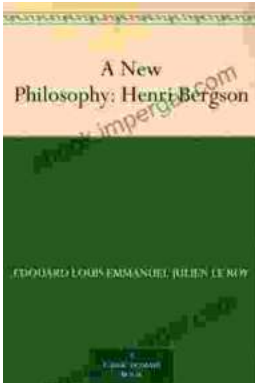
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