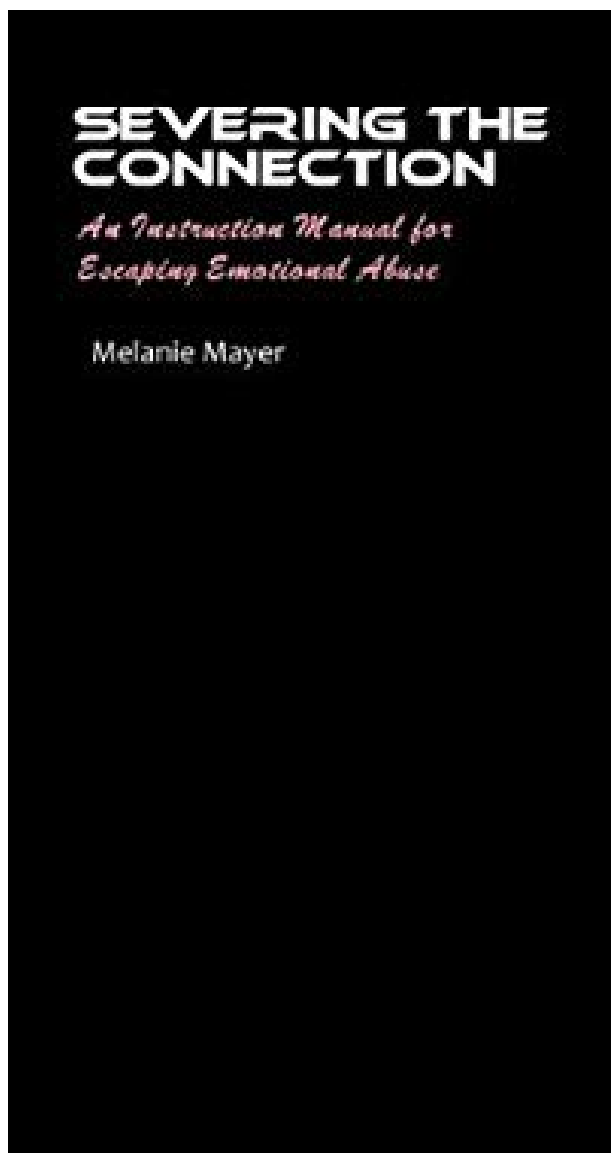


# Severing the Connection: An Instruction Manual of Escaping Emotional Abuse



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The author of this book is a survivor of emotional abuse. The techniques in the book may not be for everyone. It is the opinion of one person who has experienced verbal and psychological abuse first-hand, combined with portions of interviews with other victims of emotional abuse. You are encouraged to further educate yourself on emotional abuse and, if needed, seek counseling in order to deal with your abuse. You are also encouraged to use the margins and open areas of this manual to take notes concerning your personal situation. Unlike its predecessor, the LETTERS edition (edition 2) of SEVERING THE CONNECTION: An Instruction Manual for Escaping Emotional Abuse focuses on the reasons why abusers abuse, and more on the steps you need to take to leave that abuse behind. The new edition features letters which illustrate different aspects of emotional

abuse, moments of realization, and steps taken to end it once and for all.