



The Wolf in Your Bed: How to use writing to recover from emotional abuse

Jill Alison Harris

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Many women today are struggling with the negative side-effects of loving an emotionally abusive man. What is emotional abuse? What are the symptoms of traumatic bonding? How can you recover from the degrading things he's said and done? And what happens when love turns toxic and you think you're going crazy? Using the latest research in the therapeutic effects of creative writing, a writer and tutor with a background in psychology takes you through a step-by-step healing process. Discover-Imagine-Observe-Love... You will discover: What an emotionally abusive relationship looks like, Which damaging story structure you've been trapped in, The personality type of the wolf in your bed. You will recover by: Getting in touch with your imaginative - healing self through writing, Observing the richness of your own thoughts and feelings, Designing a powerful map of your world - one that leaves him on the outside..., Learning to love your life.

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