



## Why is he so mean to me?

*Cindy Burrell*

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## **Why is he so mean to me?** Cindy Burrell

Why Is He So Mean to Me? offers a sobering look at verbal and emotional abuse and the confusing, chaotic and debilitating dynamic of the enabler-abuser relationship. It unveils many of the tactics used by the verbal/emotional abuser, the enabler-victim's ever-unsuccessful attempts to understand and earn love from her abuser, and the opposing forces at work within the abusive relationship. Without change, the relationship will continue to spiral toward collapse from the weight of the insanity, or every member of the family will suffer and carry the wounds and behaviors of this devastating lifestyle into the next generation. There is never an excuse for abuse. The enabler must learn the truth, and equip himself or herself in order to make the hard choices necessary for change and restoration. The more you know, the better equipped you will be to reclaim your life.

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