



# **The Secret of Overcoming Verbal Abuse: Getting Off the Emotional Roller Coaster and Regaining Control of Your Life**

*Albert Ellis, Marcia Grad Powers*

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This book was written in response to requests by the coauthors' clients, students, and readers of their books for an effective, practical way to reduce their pain, face their fears and heal themselves and their lives—whether they stay or leave their verbally abusive relationship. Albert Ellis, Ph.D. is coauthor of *Guide to Rational Living*, and is a renowned psychologist and originator of modern Cognitive Therapy and Rational, Emotive, Behavior Therapy (REBT), author of numerous books and professional articles, and director of the Albert Ellis Institute in New York. Coauthor, Marcia Grad Powers, is an accredited REBT educator, credentialled teacher, university psychology and personal growth lecturer, popular author. This book will make a major difference in the lives of countless women who deal every day with one of the most disturbing and challenging societal issues of our time.

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