



I Don't Want To Cry Anymore: Finding Hope for the Emotional Abused Woman

Zena

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This is my story of years of unaddressed, devastating emotional abuse, why I believed I could not leave the relationship, the elusive hope I continued to hold on to and the resulting psychological damage. The book describes my personal feelings and thoughts captured in my journals and the words of other women with similar experiences. I discuss warning signs and guidelines to help the abused and the abuser before it's too late.

Most importantly, I describe how remarkably I was able to recover and how my life eventually changed. There is hope for the emotionally abused woman.

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