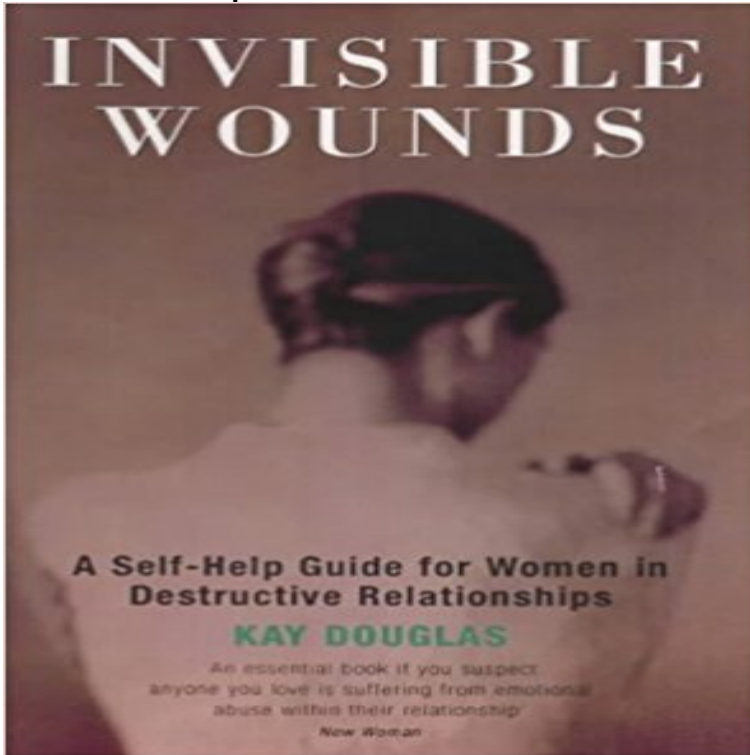


# Invisible Wounds: A Self-Help Guide for Women in Destructive Relationships



This work examines fully and clearly what constitutes a destructive relationship as well as offering essential guidance in dealing with an abusive partner. Helpful exercises and techniques are included at the end of each chapter.

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