



I Dare You!: Conquer Fear and Free Yourself from Emotional Abuse (Paperback)

By Carol-Ann Marshall

Lifestyle Entrepreneurs Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Recently, incidents of violence and abuse against women have been on the front pages of most national newspapers, the lead stories of every newscast, on the lips of many people and all the buzz on social media. What happened to cause this sudden interest? It is not that this type of treatment toward women is a new phenomenon. It isn't. Women have been abused for centuries. So, why all this attention to it now? I believe that what has finally occurred is what Malcolm Gladwell describes in his book, *The Tipping Point*, as, the moment of critical mass, the threshold, the boiling point. However, I believe that one crucial aspect of abuse has been missing from the discussions. When we mention the word abuse, we automatically think of sexual and physical abuse because that is the most obvious form. We often don't consider that emotional abuse can be just as harmful to a woman's sense of well-being. I describe emotional abuse as the mental control of another by the systematic undermining of that person's self-confidence, self-esteem and sense of self and...



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