



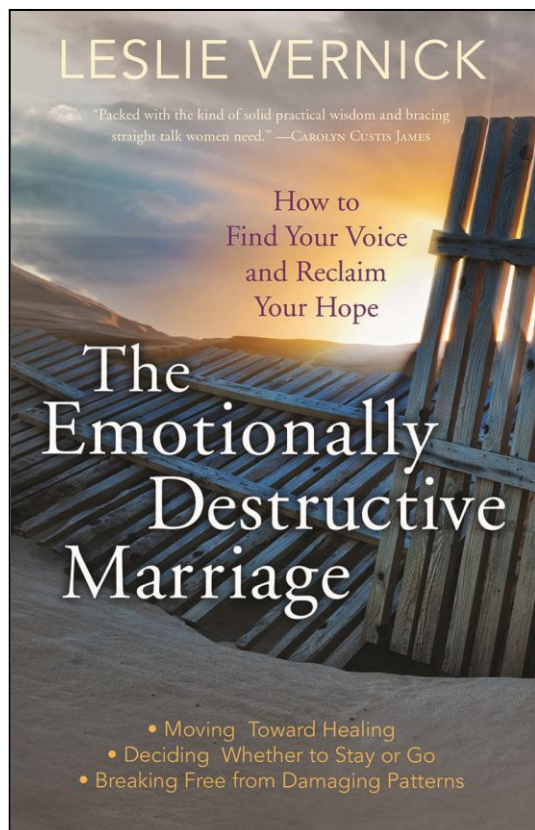
PRESS RELEASE

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For Women in Marriage Crisis



Colorado Springs, Colo.— In *The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope* (Waterbrook Press, September 17, 2013) author Leslie Vernick helps women put it into words, what is happening to them when their stomach churns, heart aches, and the tension in their marriage is making them feel weary and a little crazy.

Vernick offers actions to the constant criticism, disrespect, cruelty, deceit, and gross indifference that are eroding confidence and breaking their spirit, answering the question, “What can I do to stop the cycle of destruction and restore hope for my future?”

For any woman caught in an emotionally destructive marriage, Vernick offers a personalized path forward. Based on decades of experience, her intensely practical, biblical advice will help readers know how to establish boundaries and break free from emotional abuse today. Learn to:

- Moving Toward Healing
- Deciding Whether to Stay or Go
- Breaking Free from Damaging Patterns
- Identify damaging behaviors
- Gain the skills to respond wisely
- Utilize tools that promote healthy change
- Stay safe
- Understand when, why, and even how to leave
- Recognize that God sees and hates what is happening to you

Leslie Vernick is licensed clinical social worker and relationship coach. For over 30 years, she has helped individuals, couples, and families heal, rebuild, or grow their relationships. A popular author and speaker, she has written six books, including *How to Act Right When Your Spouse Acts Wrong* and the bestseller, *The Emotionally Destructive Relationship*. Vernick runs a private counseling and coaching practice in Pennsylvania, where she lives with her husband of over 38 years, Howard. They have two grown children.

Christian Living/Relationships/Love & Marriage

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