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Jantz' "Healing the scars of emotional abuse; revised and updated edition" (book review)

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Book Reviews



Jantz, G. L., & McMurray, A. (2009). *Healing the Scars of emotional abuse; revised and updated edition*. Grand Rapids, MI: Baker Publishing. 298 pp. \$11.49. ISBN 9780800733230

In *Healing the scars of emotional abuse*, the authors identify three of our basic needs: acceptance, affirmation, and love. The authors deliver a powerful knockout punch to the lies and fabrications dealt by an emotional abuser. This self-help guide centers on a whole person approach to healing through addressing all of the dimensions of a person: emotional, relational, intellectual, and physical.

This self-help guide contained in 13 chapters, and subdivided into four parts, is easy to read. The first part, chapters 1-3, describe what emotional abuse is and why it is so common, as well as, why emotional abuse is so damaging. Each chapter contains a personal reflection section called, "A Time to Heal" with review questions to guide understanding and assessment of your experiences. The second part, Chapters 4-7, analyzes in detail the types of emotional abuse. The authors hold nothing back when describing each form of emotional abuse through words, actions, and yes, neglect. The authors encourage active participation in answering the questions at the end of each chapter as imperative in the pursuit of recovery and moving forward. Numerous scriptures are included bolster truths and deflect lies replayed repeatedly in the mind of the abused. A question often asked by abused individuals, "Where was God when I was being abused?" is fervently addressed. The third part, chapters 8-9, discuss how emotional abuse affects our sense of self, current or future relationships, damaging physical effects and noting how physical abuse often follows emotional abuse. The fourth part, chapters 11-13, center on recognizing the abuse, getting over the hurt, and living for the future. This section gives a biblical plan for healing including prayer, daily bible reading, and participation in a faith community stressing God created us to be in positive, healthy relationships with others. A consistent theme in the book acknowledges four aspects to the whole person: emotional, physical, spiritual, and relational. Emotional abuse in anyone of these areas is detrimental to the other aspects of the whole person. There is not any bias in laying blame for emotional abuse to one sex. Examples of both male and females as recipients of emotional abuse are included. The author stresses emotional abuse tends to be perpetual in a cycle unless it is shattered, and this self-help guide is an excellent start! Included at the end of the book is a resource list of related titles on the same subject, as well as, internet resources.

Reviewer

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