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Get Out Of Control!: How to leave a control-freak and take back your power

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Get Out Of Control!: How to leave a control-freak and take back your power Honesty & Friends
So… you're thinking of leaving a control-freak. Will you remember to ask him nicely? Have you checked it's alright with him for you take the children? Can you have his permission to be happier without him, please? You, the woman with all spirit crushed, will face a frightening new game with a man who never plays fair. You need truth from the ones who've been where you are now. Many authors assume that the control stops the day you leave him. But what happens when you cannot relocate far away? What happens when he still controls you through the children after you've left him? And how do you stop yourself running back whenever he turns on the charm? Much of the advice out there on emotional abuse is written by professionals who explain the reasons for his behaviour. While it might help to know why he does what he does, there comes a time when you have to stop caring about his problems and start fixing your own. The chances are that he won't change. The chances are that he'll covertly punish you all the more for daring to point out his flaws. But YOU can change. YOU can take back your power. There are no true statistics on abuse. None of us went to a refuge centre when we left. This is the book that wasn't there when we needed it. It's the one that prepares you for the games and the setbacks you'll face with a control-freak even after you've left him. It's for women who want to move out and move on, and it's written by women who did exactly that.

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Terry Crabtree:

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