



# I Just Lost Myself: Psychological Abuse of Women in Marriage

*Valerie Nash Chang*

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## **I Just Lost Myself: Psychological Abuse of Women in Marriage** Valerie Nash Chang

Psychological abuse can be as damaging to the psyche as physical abuse can be to the body, yet little is written about this common problem. This book confronts the issue of psychological abuse of women in marriage. Psychological abuse consists of an on-going pattern of domination, oppression, unrealistic expectations, verbal attacking or silent withdrawal within a relationship typically devoid of emotional connection. The author addresses the questions of how and why these women are abused, how the abuse starts and progresses, and in what ways does the process differ from that of physical abuse? Using quotes from survivors of these relationships, Dr. Chang describes life inside one of these relationships and gives treatment recommendations.



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