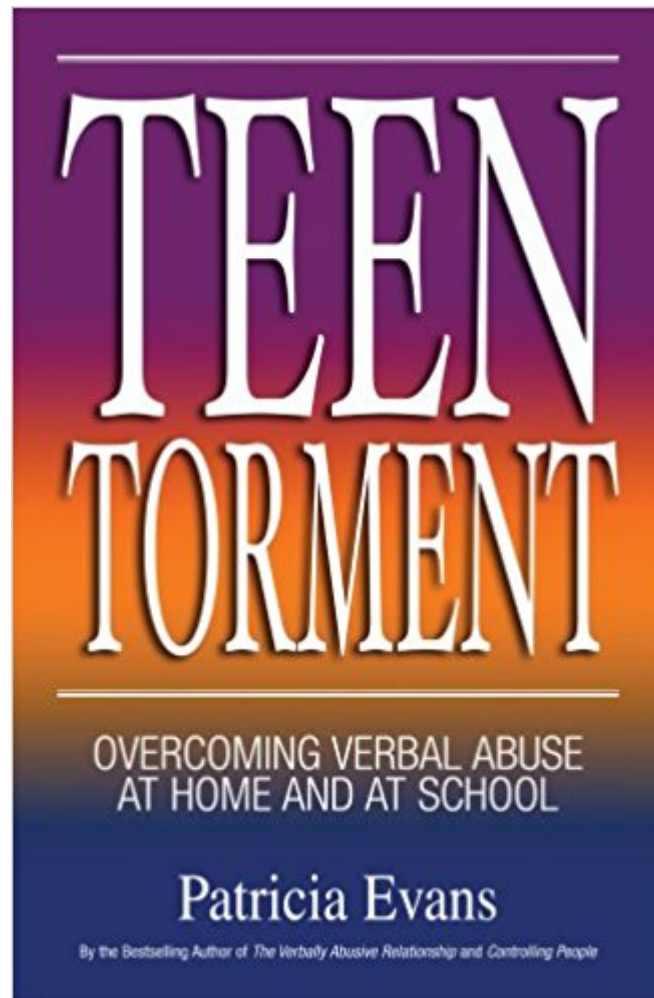




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# Teen Torment: Overcoming Verbal Abuse At Home And At School



## Synopsis

Shows parents, teachers, and especially teenagers how to identify and overcome verbal abuse and bullying wherever they manifest themselves.

## Book Information

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## Customer Reviews

Evans is the author of several books about verbal abuse, beginning with *The Verbally Abusive Relationship* (1992). Here she targets the minefields of teen behavior in a book for parents, teachers, and teens to share. In her first section, which defines verbal abuse, Evans revisits some of the material in her previous titles, but she shows how teens are particularly affected: verbal abuse impairs the self-confidence and self-knowledge necessary to develop into healthy, functioning adults. And she discusses the role of verbal abuse in violent behavior. In the book's second half, Evans looks specifically at verbal abuse in the media, on the sports field, at home, and in school, and she closes with a section on stopping verbal abuse, with separate chapters for parents, teachers, teens, and "boyfriends and girlfriends." Evans' approach is more practical and anecdotal than scientific, using approachable language enhanced with plenty of checklists, charts, and an appended resources section. The result is an easily digested, empowering guide to identifying and curbing damaging behavior and to strengthening communication in general. Gillian

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"A great, great book." -- Sonya Friedman of CNN for *The Verbally Abusive Relationship*"A

groundbreaking new book." -- Newsweek for *The Verbally Abusive Relationship*"Great advice about

how to stand up for yourself!" -- Anne Rule, author of Every Breath You Take, for Controlling People

This should be required reading for all teens (especially if a teen is dating). We all deal with verbal abuse in some form in some area of our lives. This book gives details for understanding what is happening so one can reframe the experience rather than absorb and be affected or controlled by the experience which is exactly why the abuser is doing it. It gives teens tools and steps to take whether the abuser is a friend, family member, teacher, boss, or boyfriend/girlfriend! It provides a list of specific behaviors some of which may surprise the reader as being included as an abusive behavior. The idea is that a behavior that is trying to control another is abusive. A teen doesn't have to read the whole book to get something out of it and once the light bulbs start going off, they won't want to put it down.

This is a MUST READ by EVERYONE who has contact with children and all other Human Beings, Well Written revealing abusive language so prevalent in our current society, along with helpful examples of how teens and all of us can better respond when we are the target of verbally abusive phrases and words. Powerful understanding, powerful alternative language.

I went thru this 40 years ago and at 52 am just coming out of the damages it caused. Wish I or my parents had this as a guide back then. Schools should be using this. My next door neighbors little 13yr old boy is just now starting to go thru this...I'm going to buy a copy for his mom. Hope this helps even a little avoid or help navigate thru a very sensitive situation that can scar a person for life!!

Every teen should be able to read this and be taught this information. If you want to arm the young person you know with information that can save them a ton of misery, you should give this book to them. Furthermore, these are the awarenesses and skill that should be taught to every teen. This book will help us speak to each other more civilly, teach us when we ourselves are communicating in an unhelpful manner, and help us get back on track to what we really want- connection with others that doesn't hurt.

Also, very good if your interested in topic.

This book has been enormously helpful in my work with teens and their parents enlightening them of

the great damage to self worth that bullying and "teen torment" can cause. This author is always sensitive and caring, upfront about issues that are difficult to look at but as parents, grandparents and counselors we must grasp if we are to be helpful to our teens in their efforts to recover from being tormented in places that should be safe for them. Thank you for this opportunity, I have recommended this book to my clients.

Good read.

My 17 yr. old grandson read the book and thought it was good. He told me there was stuff that he thought helped him.

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