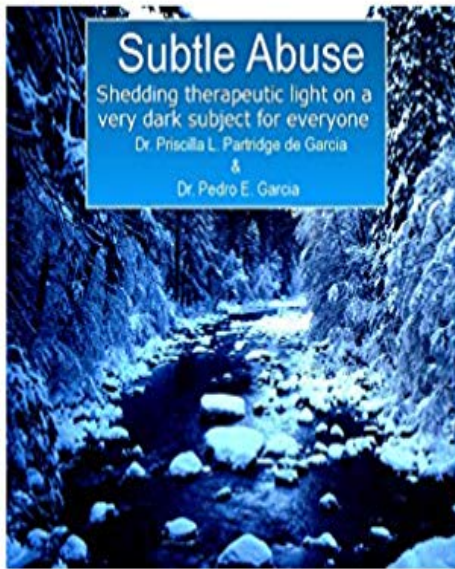


Subtle Abuse: Little Things Mean a Lot



This book is based on forty plus years of practice as a therapist and as educators. We have watched people start to grow in their lives only to be cut down early through health issues, emotional issues or relationship issues caused by ignoring the subtle abusive comments and actions done to them by friends, family members, co-workers and acquaintances. Christians often think that by continuing to turn their cheek, things will get better and the problems will go away. But many times, these problems only increase and the joy, peace and love that could be found are drained away by others who hurt you either deliberately or unintentionally. Some people, intentionally or unintentionally, like to de-energize others so that the lives of their victims become heavy, bleak and gray, just as their own. Some do it because they think it is not harmful, others because they are practical jokers, but others do it because they are mean; however, it does not matter who does it; it is nevertheless hurtful and debilitating. We must point out that Christians can also be mean and use overt and subtle abuse. They may not be living by the golden rule. They may be new Christians without much Biblical knowledge nor the understanding of the gifts of the spirit: love, joy, peace, tenderness, kindness, and self-discipline; or they could just may be mean and abusive people, calling themselves Christians. You as a reader will need to determine who hurts you, why and how to avoid it or remove them.

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