



He's Just No Good for You: A Guide To Getting Out Of A Destructive Relationship

Beth Wilson

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Woman-to-woman advice on identifying?and dumping?bad news guys

No one is immune when it comes to destructive relationships. Even smart women can be gaslighted by men who appear supportive in public but are belittling in private, after which, worse yet, they assert that you're upset for no reason, that you're simply imagining the verbal abuse and incremental death of your spirit. In ***He's Just No Good for You***, best-selling author Beth Wilson, with psychologist Dr. Maureen Hannah, zeroes in on the heart of the matter?women's well-being and self-worth?and sets forth a clear vision of just what a healthy relationship looks like. She also instructs women of all ages on installing "early detection" warning systems in their brains. As for those women already enmeshed in a destructive relationship, this book, with its reassuring, empowering style, can assist in identifying the problem, deciding whether to leave or to stay, and then acting on that decision.

Most books about bad relationships focus on compatibility or domestic violence. ***He's Just No Good for You*** is for *all* women who have found themselves wondering if the "great" guy others see at their side is in fact not so great?or worse. Wilson explores the anatomy of a destructive relationship and provides clear profiles of bad news individuals. And she shows women how they can move beyond the grasp of a harmful relationship by taking a candid look at their priorities, their circumstances, and themselves.

Drawing on the wisdom and insight Wilson has long utilized in her thriving private practice, and building on her previous best-selling books, along with Dr. Hannah's professional expertise, ***He's Just No Good for You*** offers women a new path. Women want more out of relationships?and this book shows them that they can have it.

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