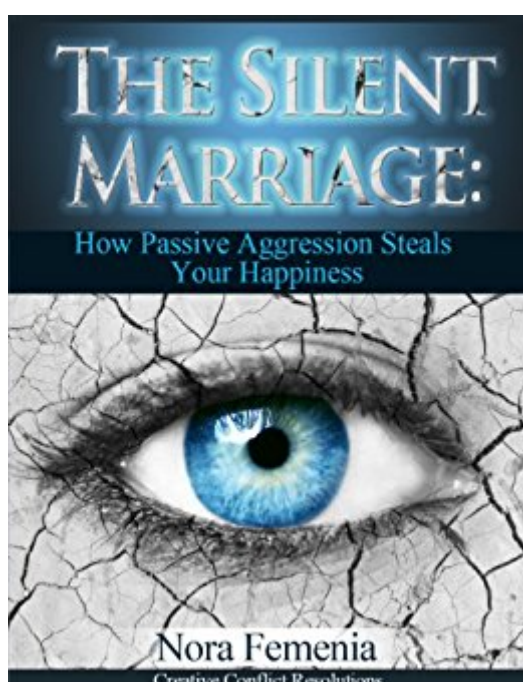


The book was found

The Silent Marriage:: How Passive Aggression Steals Your Happiness, 2nd Edition (The Complete Guide To Passive Aggression Book 5)



Synopsis

It's only recently that the real impact of passive aggressive behavior on a relationship has been identified in all of its destructive impact. This behavior is particularly hard on women subject to the silent treatment, cold shoulder, or other ways of emotional withholding from their partner. It causes women to develop a progressive feeling of isolation, of being left emotionally dry and bereft precisely in the most intimate of relationships. Whatever the degree of emotional detachment they experience, the impact on their self-esteem is very profound and long lasting. In this new, revised edition this book actually describes the frustration of your emotional needs caused by the silent marriage, followed by mental confusion, imprecise guilt feelings, the impression of walking on eggshells to avoid being rejected, together with extreme loneliness and constant sadness to no end. This is an important book because it builds on cold shoulder as the main toxic behavior, going to describe the whole passive aggressive marriage and its impact on your self-esteem and well being. Even when you don't consider his withholding of connection a kind of abuse in marriage, the fact that spouses are emotionally dependent on each other for love and support makes you chronically starved for his love and attention. You can even wonder if this is his way to control your happiness in life? In this case, resentment creeps in and destroys any remaining trust. Once you can identify these emotional states, you can go on learning strategies and alternatives to counter his passive aggression communication style, without resorting to violence, begging or other tricks. It will also give you a map that could actually help your partner to see through his behavior and understand what he is doing to sabotage the marriage. Overall this expanded and revised 2015 edition is full of practical tips and strategies to protect yourself and motivate you to be happier with or without him. It will help you to move your relationship from the current standstill to a place where you can enjoy a better experience with more love and respect.

Book Information

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Customer Reviews

After 24 years of marriage, I have finally found the answer. This book totally describes my life with my husband perfectly. Out of balance, off kilter, just not right but never being able to put my finger on it. Confused, feeling unloved, going a little more crazy as each year passes. His secrets, lies, withholding information, hiding things from me, justification for everything he did, the stonewalling, the silent treatment, not talking for weeks, etc. etc. and on and on. I was his adversary, but I could never convince him to stop. He battled me on everything. I could not figure out WHY? I reminded him over and over we were on the same TEAM. I could never get through to him. All the years of wasted energy, feeling like I have been through a war. I have become emotionally, mentally, and physically ill trying to be married to this man. Exhausted with no self-esteem or self-confidence left, I have realized there is no hope and I don't want to spend the rest of my life never getting any of my emotional needs met. Now on to the next chapter, trying to get away from him and divorce. Thank you Nora, for helping me realize I am not the crazy one. I am sad. I think about how my life and my children's lives could have been, had I married a normal, loving human being. I could have spent years focusing more on my girls than my crazy-making husband/relationship. I spent years being angry and depressed, my normal loving personality shot to hell. Everyone saw him as the nicest guy in the world and thought I was the crazy one. Actually, I was - he made me that way. My advice to anyone - get away from them if things seem not-quite-right. I only wish I could have done it long ago.

This book has some good content. But I found it also to be disappointment because it spends 100% of the time talking about a passive aggressive husband. I think it greatly underplays passive aggressive behaviors that can work both ways in marriage. In focusing only the issues from the perspective of a male being passive aggressive, it misfires at times and labels things as passive aggressive that I think are actually other problems. I think it also does a poor job cautioning the negative behaviors that being on the receiving end of passive aggression can have. If the author has focused on helping both men and women dealing with a passive aggressive spouse, I think she would have been a lot more balanced in her advice. But instead she focuses only on helping wives with passive aggressive husbands. Which can help them miss their own passive aggression that they might have built up as a response. It also has poor editing. There are complete passages duplicated in multiple places in the book, and obviously not on purpose. Again, I think this book can be helpful. I just feel like I am reading something not as carefully written as it should be. I guess my advice would be to read the book, but only do so in the context of getting counseling too. A good counselor will help you sort out the advice that applies to your situation and can help you not do things to make things worse.

Many times the people we love bring out the worst in us and we don't know why. This book reveals how a passive aggressive personality affects us and sheds light on why we may feel frustrated and sad. I learned how to recognize the typical behaviors in my husband allowing me to choose appropriate reactions to them instead of being pulled into arguments.

Dr. Nora gave very concise and insightful explanations into the tactics and defense mechanisms of passive aggressive behavior. After years of crying, fretting and walking on eggshells, and praying and praying and praying, I feel like God led me to some answers and most of all how to protect myself while I began my own healing from the damages that this behavior inflicts on anyone that is around the passive aggressive person. (Love the person, hate the behavior.) This book is worth the read and reread! Since anyone can become victimized by the passive aggressive person, whether it's boss, pastor, brother, father (even the female gender), it is a good resource (arsenal) to have in your library!

I like how the author describes the traits and behaviors of the Passive Aggressive husband. I like that after reading this book, I no longer felt that I was the irrational thinker. I can stop blaming myself, stop trying to fix someone who doesn't even realize what he's doing, stop reacting to his PA

behavior, and things should at least calm down. And start taking care of myself, detached from hubby.

After 41 years of marriage, I had reached a breaking point with my spouse. I can't believe that it took this long, but it did. Fortunately, as I was searching for information that would help me learn how to deal and live with a PA spouse, I came across this book and read the reviews. It is short, to the point, filled with the facts, no blaming, and empowers the frustrated spouse, and if the PA spouse is teachable, it will empower them also. I bought it, read it in less than one day and knew that it was the information and answer that I have been searching for. I felt a needed change in my outlook about myself. I thought that I was so crazy, stupid, and weak! Two days later, my spouse and I were again in the typical power struggle with him "skillfully" dumping the blame on me and even portraying as if he did this because he cared and was thinking of me. Kindly, in control, and firmly, I told him to read this book, but before he did, we both needed to buck up. That being emotionally fragile was no longer an option for either one of us. He read it in four hours. Finally he sees his past behavior as negative, controlling, and manipulative. Fortunately, he is a good man, and we both are committed to our relationship or we wouldn't have lasted this long. Both of us are more aware of the roles we each have played. It has made all the difference. He really didn't have a clue to his role. We are taking it one step at a time, learning and listening to each other. A must read,

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