

From bestselling therapist and internationally recognized expert Beverly Engel comes *Adult Children of Emotionally Abusive Families*, the first comprehensive book to explore how emotional abuse doesn't just affect couples—it shapes entire family systems, often damaging children in ways that last a lifetime. With decades of clinical experience and a compassionate, empowering voice, Engel exposes the unseen epidemic of emotional abuse in families, when tension, control, criticism, and shame become normalized and every family member suffers the consequences.

While emotional abuse is finally being discussed in mainstream popular culture, Engel makes the urgent case that we still aren't talking enough about its impact on kids—and how parents, both abusive and abused, may be unconsciously perpetuating cycles of harm. Through real-life stories, checklists, and healing exercises, she provides an accessible road map for recognizing toxic dynamics, stopping the spread of abuse, and guiding every family member toward recovery.

Whether you are an adult survivor of childhood emotional abuse, a partner in an abusive relationship, or a parent concerned about breaking intergenerational patterns, *Adult Children of Emotionally Abusive Families* offers clarity, validation, and concrete tools for lasting change.

BEVERLY ENGEL is an internationally recognized psychotherapist and expert on the subject of trauma. She has written twenty-five books on the related subjects of abuse, shame, and empowerment, including the bestselling *The Emotionally Abusive Relationship* and *Healing Your Emotional Self*. She has a blog on *Psychology Today* entitled *The Compassion Chronicles*, and her writing has been widely featured in publications including *O, The Oprah Magazine*, *Cosmopolitan*, *The Washington Post*, the *Chicago Tribune*, and the *Los Angeles Times*.

Read by Hanne Rickert



Runtime: 8h. 35m. • Unabridged

© 2026 Beverly Engel © 2026 by Macmillan Audio, 120 Broadway, New York, NY 10271. Jacket design by Nikolaas Eickelbeck. Jacket art: ripped paper hole © sinseeho/Stock/Getty Images Plus. www.macmillanaudio.com

playaway
PRODUCTS

© 2026 Playaway. Patented.
All rights reserved.
31999 Aurora Road, Solon, OH 44139 USA
Designed in Ohio. Made in China.
www.playaway.com

The Playaway format is recommended for children ages 5 and up.

47799
ISBN 978-1-250-50753-2



9 781250 507532

p



AUDIO

Adult Children of Emotionally Abusive Families
Overcoming the Pain, Dysfunction, and Trauma of Growing Up in a Toxic Family
BEVERLY ENGEL

Adult



PLAYAWAY
THE ALL-IN-ONE AUDIOBOOK

