

FOR IMMEDIATE RELEASE

CONTACT: Karen Auerbach, Director of Publicity
Ph: (212) 407-1551
Email: kauerbach@kensingtonbooks.com

**PSYCHOTHERAPIST AVERY NEAL EDUCATES READERS
ON THE MORE SUBTLY AGGRESSIVE AND CONTROLLING
TENDENCIES FOUND IN RELATIONSHIPS THAT SOME
WOMEN MIGHT NOT EVEN REALIZE ARE ABUSIVE**

If He's So Great, Why Do I Feel So Bad? is in stores April 2018!

Advance praise for Avery Neal and *If He's So Great, Why Do I Feel So Bad?*

"This book can open eyes for people who may have lost pieces of themselves along the way. ...Great examples and exercises. It is a companion from start to finish."

--**Dr. Jay Carter** bestselling author of *Nasty People*

"The new gold standard in abuse recovery. Warm and compassionate, this book describes the indescribable experience of subtle abuse with astounding accuracy."

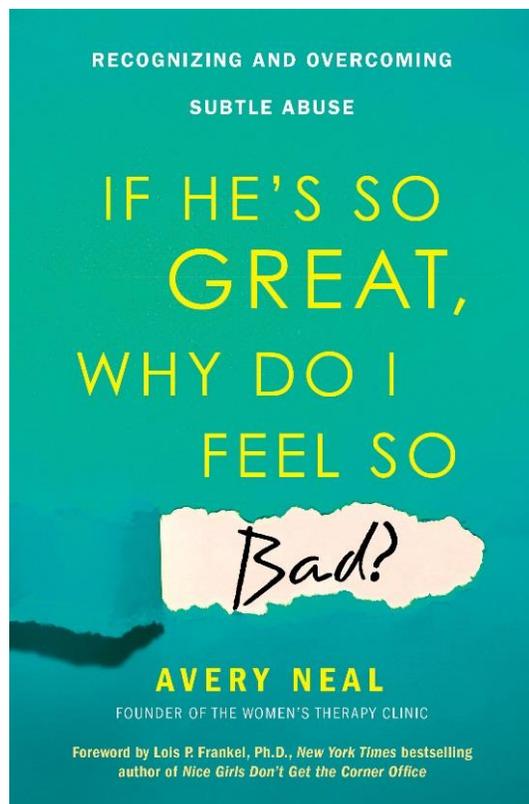
--**Jackson MacKenzie**, author of *Psychopath Free*

"Avery Neal offers just what every person in a dysfunctional relationship needs: no-nonsense insights into the subtle abusers who can cause you to lose your sense of dignity and practical ways to regain control of and empower your life."

--**George Simon**, Ph.D., author of *Character Disturbance* and *In Sheep's Clothing*

"Avery Neal has put a recognizable face on the insidious villain of subtle abuse. Of course, abuse rarely remains subtle, and this insightful book can awaken self-esteem, save relationships, even save lives."

--**Gavin de Becker**, *New York Times* bestselling author of *The Gift of Fear*



-more-

ARE YOU A VICTIM OF SUBTLE ABUSE?

**Are you always the one apologizing?
Constantly questioning and blaming yourself?
Do you often feel confused, frustrated, and angry?**

Aware that something isn't right about your relationship, but can't put your finger on what it is?

If you answered yes to any of these questions, you're not alone. Nearly half of all women—and men—in the United States experience psychological abuse without realizing it. Manipulation, deception, and disrespect leave no physical scars, but they can be just as traumatic as physical abuse. In this groundbreaking book, Avery Neal, founder of the Women's Therapy Clinic, helps you recognize the warning signs of subtle abuse. As you are able to identify patterns that have never made sense before, you are better equipped to make changes. An expert in the field, Neal has guided countless individuals to regain their self-esteem, their joy, and their lives. Here you'll discover:

- *Why subtle abuse is often overlooked
 - *How to recognize an abuser
 - *What personality traits make you more susceptible to mistreatment
 - *The reasons we stay in toxic relationships—and why it's so hard to leave
 - *How to avoid another abusive relationship
- Plus:**
- *Letting go of codependency
 - *Moving from victim to survivor—life after abuse
 - *Making room for yourself

From letting go of fear to setting boundaries, whether you're gathering the courage to finally leave or learning how to guard against a chronically abusive pattern, *If He's So Great, Why Do I Feel So Bad?* will help you enjoy a happy, healthy, fulfilling life, free of shame or blame.

ABOUT THE AUTHOR:



Avery Neal, M.A., LPC, is a licensed psychotherapist, specializing in depression and anxiety in women. In 2012, she opened the Women's Therapy Clinic, a private practice that offers psychiatric care and counseling support to women. She is licensed in both Colorado and Texas, with the clinic having its primary location in The Woodlands/Houston. She offers virtual therapy for patients in Colorado. Visit her at www.womenstherapyclinic.com. For a full list of articles, publications, blog posts, and podcasts, please visit www.averyneal.com.

IF HE'S SO GREAT, WHY DO I FEEL SO BAD?

By Avery Neal

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Author Residence: **near Houston, TX**

For review copies or to schedule an interview with the author, please contact:

Karen Auerbach/ Director of Publicity/ 212.407.1551/ kauerbach@kensingtonbooks.com