

# Download Breaking Passive Aggressive Cycles

I highly recommend this book. It is more helpful than therapy in understanding passive-aggressiveness, its destructive effects on relationships, its cost to one's personal dignity, and provides the best tools I've read to break free of its oppressiveness and hopefully save your marriage and family. Buy this book today at your local Christian bookstore, OR buy online now from Xulon Press at this address:

<http://www.xulonpress.com/bookstore/bookdetail.php...> Quotes from Breaking Passive-... "The damage and invisible scars of emotional abuse are very difficult to heal, because memories are imprinted on our minds and hearts and it takes time to be restored. Breaking the Cycle. Breaking the cycle of passive-aggressive behavior requires both partners to have trust in one another. Both people have to trust that their spouse will be open and honest. They also must trust their spouse will express their needs in healthy ways and that they will both work together to meet each other's needs. Building trust can help them overcome the fears that are often underlying passive-aggressive behaviors., Breaking Passive Aggressive Cycles.

## Other Files :

[Breaking Passive Aggressive Cycles](#), [Breaking The Passive Aggressive Cycle](#),