

DR
AVERY
NEAL

LOVING YOU SHOULDN'T BE HURTING ME

*Psychological Abuse and Its Effects on
Physical and Mental Health*

DR. AVERY NEAL

PhD, LPC · Psychotherapist, Researcher, International
Author

Foreword by Dr. Alex Howard · Post Hill Press

The most common form of intimate partner violence is the one that leaves no bruise. This book gives it a name, a mechanism, and a way out.

Nearly half of women in the United States have experienced psychological aggression from an intimate partner. Most never call it abuse. There are no bruises to photograph, only a slow erosion of confidence, memory, and health that the person living through it learns to explain away.

Loving You Shouldn't Be Hurting Me treats that erosion as the medical and psychological event it is. Dr. Avery Neal shows that psychological abuse underpins every other form of mistreatment and that its effects on the body and mind rival those of physical violence. The book moves from recognition, through what happens inside the body and the nervous system, to recovery with the Neal Method and the CLEAR Framework.

Every survivor, every loved one, and every professional who supports them should read this remarkable book.

LOIS P. FRANKEL, PHD

New York Times bestselling author of *Nice Girls Don't Get the Corner Office*

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—Lois P. Frankel, PhD, *New York Times* bestselling author of
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57.6 million

Women in the U.S. who have experienced
psychological aggression by an intimate partner

BLACK ET AL., 2011

1 in 2

Americans who report psychological abuse by a
partner in their lifetime

CDC, 2010

840 million

Women worldwide, one in three, who have
experienced partner or sexual violence

WHO, 2023



ABOUT THE AUTHOR

DR. AVERY NEAL

PhD, LPC

Avery Neal, PhD, LPC, is a practicing psychotherapist, researcher, and international author whose work has become a reference point for recognizing subtle abuse. In 2012 she founded Women's Therapy Clinic in Houston, which provides therapy and counseling for women across the lifespan, with a focus on depression, anxiety, prenatal and postpartum mental health, divorce recovery, and healing from psychological abuse.

Her first book, *If He's So Great, Why Do I Feel So Bad?* (Kensington Books), has been translated and published in twelve languages. Her online courses have been taken by more than 20,000 people worldwide, she hosts a podcast of the same name, and she has spoken at conferences worldwide alongside leading experts in psychology. The International Association of HealthCare Professionals nominated her as one of Houston's top psychologists.

Founder

psychologicalabuse.com and The Neal Method courses

Educator

20,000+ course participants worldwide

Author

Two books. First published in twelve languages

Host

If He's So Great, Why Do I Feel So Bad? podcast

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