

Beverly Engel Quotes

*Being Yourself, Emotional, Abuse, Self Esteem, Self Confidence, Thinking, Hurt,
Crazy, Focus, Strong Women, Decision, Long, Ideas, Apology,
Accomplishment, Important, Speaking Up, Children, Imperfection, Joy*

Emotional abuse is any type of abuse that is not physical in nature. It can include everything from verbal abuse to the silent treatment, domination to subtle manipulation.

~Beverly Engel

You have the right to your own ideas and opinions, to make your own decisions, and to have things go your way at times. Stand up for those rights.

~Beverly Engel

Instead of envying what others have, decide what YOU want out of life and focus on achieving it.

~Beverly Engel

Accepting that your imperfections and so-called negative attributes are part of what makes you unique will help you to stop continually trying to be someone or something that you are not.

~Beverly Engel

Apology reminds us that each person (including ourselves) deserves to be respected and treated fairly.

~Beverly Engel

It is far more important to know myself and take care of myself than it is to look good to others.

~Beverly Engel

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