

Domestic Violence Resource Library

Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse

From the earliest years of his marriage, Paul Hegstrom handled his problems and frustrations the only way he knew how: with fists and fury. Talking about the problem only intensified his rage. Going into the Christian ministry didn't help either, the guilt merely magnified his despair. Facing a charge of attempted murder and a prison term, Hegstrom got the wake-up call he needed. With professional help and an intense struggle with spiritual issues, he began the lengthy process of healing and recovery. Through a fascinating, yet thorough examination of the psychological components of various types of abuse, along with true examples from his own life and others, Hegstrom points the way back to wholeness and freedom. An invaluable aid for the man who batters, the woman who feels trapped, and the pastor, counselor, or friend who desperately wants to help them both, *Angry Men and the Women Who Love Them* offers straight answers for those willing to overcome the cycle of violence. The revised and updated edition includes a new chapter that discusses the physiological and psychological changes in the brain when abuse occurs.

Balancing Act

When a media spokeswoman realizes that her new employer, a chemical company, is responsible for sickening the inhabitants of her hometown, an African-American community in Texas, she faces a difficult choice.

Battered Wives

Published in 1976 and updated in 1981, *Battered Wives* was the first book on the subject of domestic violence in the United States and still the best general introduction to the problem of abuse.

This book includes excellent critical summaries of the legal and political status of battered women, and the extent to which their immediate predicament must be understood in broad political terms.

What follows is the first person story of how Ruth Gottstein, Publisher Emerita, got the idea to publish Del Martin's ground breaking book.

In the mid-seventies, I was a publisher for the Glide Foundation in San Francisco. This enabled me to attend book fairs in other places, and find out what the world of publishing was like in those days. The Big Apple of publishing conferences was held annually in Frankfurt, Germany. It was rather unusual for small presses to attend, and I had gathered some San Francisco Bay area publishers into a group exhibit. A man sidled up to me at our booth, and almost in the style of offering dirty pictures, he quietly told me he had a manuscript for a book entitled *Scream Quietly or the Neighbors Will Hear* by Erin Pizzey, which was going to be published in England.

My reaction was almost visceral. Although I had never heard the term domestic violence (and I am not sure it even existed then), I immediately flashed on my own childhood, and the violence both my mother and I had experienced.

For some reason, I visualized the terrazzo steps I always walked up to our front door--and how I hated going through that door. When I spoke to the other people at our stand about this book idea, they were astonished. That's not really a subject on which to publish, they said.

When I returned to San Francisco, negotiations with publishing with the British book foundered. So I turned to Del Martin, and asked her to write a book for us about the situation in the United States. A book could almost be written on the difficulties we encountered in obtaining sufficient data with which to go forward...there were no agencies, no government support. Women's groups here and there tried to help victims clandestinely, almost in the style of the underground railway for Black people which existed during the Civil War. Del and I learned that some pioneer work on behalf of domestic victims had been done by the Brooklyn Legal Services in New York. We really needed their data, and a New York friend did a sit in at their busy, overworked office. She sat in the lobby with her arms crossed and said she wasn't leaving until she got the information.

Remember, we didn't have computers or other methods of forwarding that information. But one day into our office in Glide arrived a cardboard box packed with actual case histories from the Legal Services...we were off and running.

Actually, issuing the book cost me my closest friendship with a psychiatric social worker who was then the president of the Orthopsychiatric Association. Since the organization was meeting that year in San Francisco, I suggested to her a panel on domestic violence. Her response? That's not a subject we would discuss. *Battered Wives* was published in 1976, and every word is as valid today as it was then, and the book is still in print.

Archival copies only now available until this print runs out.

The Battered Women

No Synopsis

Battered Women: Living With the Enemy

Domestic violence is reaching epidemic proportions. How can it be stopped? How can a young woman avoid being caught in an abusive relationship? The author has interviewed women who lived with violent men-- husbands, fathers of their children, sweethearts-- and through the women's own words, we learn about such relationships. Although the extreme violence only surfaces over time, the warning signs are there from the beginning. Included in this book are attitudes and behaviors of men that can lead to future abuse. Young women who are dating can learn from the experiences of these battered women.

Battered Women As Survivors

No Synopsis

Black Gold

In the 1920s, two African-American Texas families become intertwined in a murderous tapestry of history, love, obsession, and revenge.

Chain, Chain, Change: For Black Women in Abusive Relationships

Offering practical information for African-American women in physically or emotionally abusive relationships, the editor of The Black Women's Health Book discusses identifying abuse, the cycle of violence, agencies and shelters, and using the legal system.

Chicken Soup for the Soul: Think Positive

Chicken Soup for the Soul: Think Positive will inspire and uplift readers with its stories of optimism, faith, and strength. In bad times, and good, readers will be heartened to keep a positive attitude. A great start to the New Year.

Every cloud has a silver lining. And the stories in Chicken Soup for the Soul: Think Positive will encourage readers to stay positive, because there is always a bright side. This book continues Chicken Soup for the Soul's focus on inspiration and hope, reminding us that each day holds something to be thankful for.

Chicken Soup for the Woman's Soul: Stories to Open the Heart and Rekindle the Spirit of Women

This shining collection brings you inspiration and comfort in special chapters on marriage, motherhood, aging, bridging the generations, attitude, self-esteem and higher wisdom. Stories honor the strength and reveal the beauty of the feminine spirit. Included are incredible stories from Oprah Winfrey, Leo Buscaglia, Linda Ellerbee, Robert Fulghum, Kathie Lee Gifford and many others.

Child Abuse, Domestic Violence, and Animal Abuse: Linking the Circles of Compassion For Prevention and Intervention

Evidence is mounting that animal abuse, frequently embedded in families scarred by domestic violence and child abuse and neglect, often predicts the potential for other violent acts. As early intervention is critical in the prevention and reduction of aggression, this book encourages researchers and professionals to recognize animal abuse as significant problem and a human public-health issue that should be included as a curriculum topic in training. The book is an interdisciplinary sourcebook of original essays that examines the relations between animal maltreatment and human interpersonal violence, expands the scope of research in this growing area, and provides practical assessment and documentation strategies to help professionals confronting violence do their jobs better by attending to these connections. This book brings together, for the first time, all of the leaders in this emerging field. They examine contemporary research and programmatic issues, encourage cross-disciplinary interactions, and describe innovative programs in the field today. The book also includes vivid first-person accounts from survivors whose experiences included animal maltreatment among other forms of family violence.

Class Action: The Landmark Case that Changed Sexual Harassment Law

The true story of Lois Jenson, a petite single mother, who was among the first women hired by a northern Minnesota iron mine in 1975. In this brutal workplace, female miners were relentlessly threatened with pornographic graffiti, denigrating language, stalking, and physical assaults. Terrified of losing their jobs, the women kept their problems largely to themselves—until Lois, devastated by the abuse, found the courage to file a complaint against the company in 1984. Despite all of the obstacles the legal system threw at them, Lois and her fellow plaintiffs enlisted the aid of a dedicated team of lawyers and ultimately prevailed. Weaving personal stories with legal drama, Class Action shows how these terrifically brave women made history, although not without enormous personal cost. Told at a thriller's pace, this is the story of how one woman pioneered and won the first sexual harassment class action suit in the United States, a legal milestone that immeasurably improved working conditions for American women.

Codependency Sucks

Codependency is the disease that destroys relationships, friendships, and the workplace. But what is it? Everything written so far will tell you what codependency looks like, what the symptoms of codependency are. This book tells you exactly what codependency is and how to end this killer in a direct, healthy, careful, caring way.

How do you know if you're in a codependent situation? It's easy. You feel as though you're getting the less than you're giving. You may feel as though the life is being sucked out of you. You feel physically, mentally, emotionally drained. In the beginning you may only have a feeling of vague dissatisfaction. Eventually the dissatisfaction becomes deep unhappiness, maybe even depression. If you're in a codependent relationship you may do all of the work for that relationship, especially the emotional work. You may do all the giving and none of the receiving. Or perhaps you're being smothered with gifts, advice, and suggestions. Someone may be manipulating you to get their needs met. You may do all the emoting and feeling, especially the anger emoting, while the other person looks at you as though you've gone over the edge. You may be the lightning rod for releasing anger for your spouse and children, lover, friends, co-workers, etc. Everyone hates you for your angry outbursts, but they stay with you because you are their only connection to the world of emotions. They need the emotional release your angry outbursts provide. When one person does all the work of a relationship, there is no relationship, just the illusion of a relationship. When you quit doing all the work, the truth comes out and the illusion ends. Many people die in these codependent relationships, hating each other but needing each other desperately for reasons they don't even remotely understand. CODEPENDENCY SUCKS will give you understanding of the navigational system Mother Nature has given to each of us and what happens when people are crippled by loss of some or all of the spirit senses. Bear! with me...the physical senses are: sight, hearing, touch, smell, and taste. Life is enormously more difficult if we lose one or more of these senses. There are laws to protect those of us who have physical disabilities. Our intellectual senses are: reasoning, deducting, analyzing, remembering, and organizing information. Again, life can be very difficult if we don't have use of any or all of these faculties. They have laws to protect people with these kinds of deficiencies. The unconscious part of a human being also has senses. These senses are emoting (of the emotions we are experiencing), sensing (observing and understanding the emotions of others), dreaming, imagining, and intuiting. Codependents decide somewhere in their early lives to stop feeling, emoting, dreaming, imagining and/or intuiting. Deadening the spirit senses becomes habitual. Being cut off from the unconscious, spirit self is extremely painful. Because they are only attached to the physical and intellectual parts of their beings, they don't feel alive. In order to feel alive they MUST connect to something outside of self. Alcoholics and addicts generally are codependent with their drug of choice...it's what makes them feel o.k., alive and well. They will chase the original feelings of wellness they got from alcohol and drugs to their deaths. Workaholics only feel alive when working. Food addicts, gamblers, sex and love addicts experience the same feelings of aliveness from their anesthesia. There are people who only feel alive through their religion, through sports, through makeup, clothing, cars and houses. And there are people who only feel alive when they are glommed onto other people. This brand of codependent takes their identity from who they are attached to. It can be a husband, wife, child(ren), friend, wealthy patron...you name it. People who are detached from the spirit self can and will attach to anyone who gets too near. The solution is relatively simple. But it takes some hard work and rigorous honesty. Sometimes the codependent has to lose everyone they've ever loved before they will confront their own issues. Read Codependency Sucks and you'll understand why today's world is so wildly dysfunctional. You'll also understand how easily we can step out of the chaos we and others have created. And you'll develop relationships that are solid, healthy, and very, very real. No more illusions. No more games playing.

Crows Over A Wheatfield

Judge Melanie Klonecki, herself the daughter of an abusive father, becomes involved--personally and professionally--with Mildred Steck, a woman who kidnaps her child to protect him from his father and who unwittingly launches a crusade for women trapped in abusive relationships.

Daughters of the Moon, Sisters of the Sun: Young Women and Mentors on the Transition to Womanhood

Making the transition into womanhood is a time of great potential, challenge, discovery, courage and confusion. Girls often face the journey alone, risking their sense of self and purpose along the way.

Daughters of the Moon, Sisters of the Sun provides validation, support and vision through powerful and compelling autobiographical stories gathered from more than forty teenage girls, over half of whom participated weekly in a two-year focus group. By sharing themselves intimately on topics ranging from bulimia, anorexia, body image, peer pressure and terminal illness, to empowered relationships with males, lesbianism, pregnancy, motherhood, drug exploration, sexuality, abuse and suicide, these young women explore the process of discovery, healing and developing self-esteem. Candid narratives are accompanied by interviews with accomplished women mentors.

In Daughters of the Moon, Sisters of the Sun, women and girls will recognize themselves and each other and the ageless and timeless struggle of all young women to evolve to be who and what they are.

Few books on the development of adolescent girls are compelling enough to actually be read by the girls themselves. Daughters of the Moon, Sisters of the Sun is the exception, with young women the primary audience. Professors and students of Women's Studies courses, educators, professional counselors and parents will also find here a wellspring of insight and understanding. Photographs by world-renowned photographer, Linda Wolf, elevate this book to one of absorbing beauty.

Women mentors in the book are:

Bella Abzug
Michele Akers
Maya Angelou
Bylye Avery
Angela Davis
Riane Eisler
Carol Gilligan
the Indigo Girls
Jean Kilbourne
Wilma Mankiller
Anisa Romero
Starhawk
Lindsay Wagner
Barbara Walker
Marion Woodman

K. Wind Hughes and Linda Wolf are co-founders and co-directors of the Daughters/Sisters Project based on Bainbridge Island in Washington State. The Project holds workshops, classes and ritual gatherings for girls and women and facilitates adolescent focus groups for both genders as well as intergenerational dialogs between teens and elders.

Defending Our Lives: Getting Away From Domestic Violence & Staying Safe

Thousands of women are abused, battered, stalked, and killed by their husbands, boyfriends, and partners every year. While the O.J. Simpson trial raised domestic abuse to the forefront of public consciousness, no one has offered women concrete advice on how to protect themselves and get safely away from their abusers. In *Defending Our Lives*, Susan Murphy-Milano, the founder of Project: Protect, presents the first comprehensive guide to the options available to battered women as well as to the family and friends who want to help them.

With detailed, practical information, Murphy-Milano guides women through the process of protecting themselves from domestic violence and stalking. She explains what domestic violence is, how to deal with the police and enlist their help, how to make the decision to leave, what steps to take during the actual move, how to secure one's home after leaving an abuser, how to navigate the legal system, how to ensure the safety of one's children, and how to defend against stalking. Family and friends can be crucial in this process, and throughout the book Murphy-Milano suggests numerous ways in which they can help.

Defending Our Lives is a much needed resource in the struggle of millions of women to protect themselves from domestic violence and stalking.

"A smart, step-by-step plan that hopefully will save lives. If you don't need it, give it as a gift."—Susan Estrich, author of *Real Rape*

Ditch That Jerk : Dealing With Men Who Control and Hurt Women

Neither weighed down by research nor weightless with airy promises, Ditch That Jerk is a gritty, honest, and most of all experienced view of physical and emotional abusers and their effect on victims. Engagingly written, it shows women how to assess their partners and relationships for potential abuse, and for potential change - or not. Author Pamela Wiseman uses examples from counseling sessions to illustrate how the mind of an abusive man works and how to identify the patterns. She details the tricks used by such men to keep women in line and discusses warning signs, alcohol and drugs, and the excuses people use to explain abuse. Optimistic and empowering without candy-coating a difficult topic, this book gives women the tools to make clear-headed decisions about damaging relationships.

Do Arrests and Restraining Orders Work?

In this provocative contribution to the debate on which interventions are most effective in reducing domestic violence, a wide range of research methods and analyses are presented and a number of issues raised. These include: whether the criminal justice response to domestic violence is inadequate; whether there is a conflict of interest between society and the victim of violence; and whether alternative means should be used to deter chronic batterers who are undeterred by the criminal justice response.

The Domestic Violence Sourcebook

A comprehensive, compassionate look at domestic violence--including historical, psychological, social, familial, and legal issues--this well-organized, accessible book offers the most current information available on prevention and recovery, along with practical steps for escaping a violent domestic situation.

Dragonslippers: This is What an Abusive Relationship Looks Like

Rosalind B. Penfold is an appealing, successful thirty-five-year-old businesswoman running her own company when her parents, worried that she works too hard, invite her to a country picnic-party one weekend. There she meets widower Brian and is swept off her feet. Romantic and exuberant, with four loving children, Brian seems like everything a woman could possibly want, and Roz falls deeply in love. But soon Roz begins to notice troubling signs that Brian is not what he seems. A pattern of lies and petty cruelties begins to emerge that, over the course of their decade together, comes to encompass a litany of physical, mental, and sexual abuse appalling in its scope and malevolence. Often too traumatized and ashamed to admit the true extent of what she is experiencing, Roz instead pours her anguish into a series of graphic diaries that provide a touching, profoundly shocking, and completely original portrait of domestic abuse.

An extraordinary visual testimony, Dragonslippers presents the many warning signs of abuse and offers a frank examination of the psychology of both abusers and victims. Above all, this is the story of a woman who fights for and finds the strength to break free.

Ending Domestic Violence: Changing Public Perception / Halting the Epidemic

Domestic violence still remains the most prevalent form of violence against women in the United States, in spite of media campaign attempts to educate the public about the issue. Moreover, there have been surprisingly few scientific surveys conducted to compile the knowledge base and attitude data needed if more effective primary prevention media education programs are to be developed.

This volume, based on public opinion surveys carried out between 1992 and 1996, fills the gap in the literature. Following an overview of the battered women's movement, the authors examine both current public perception of the problem and intervention issues.

Every Mother's Son

No Synopsis

Fighting Back: A Battered Woman's Desperate Struggle to Survive

The shocking true story of a woman pushed to homicidal rage by the hands of her violent husband . . .

Long before there were abuse hot lines and shelters for battered women, June Briand fired four bullets into her husband's head and was sentenced to fifteen years to life. This is the shocking true story of survival--and the intense bond June shared with her pathologically violent husband, a monster who physically and sexually tortured, degraded, and dominated her so relentlessly that she refused to believe he was dead even after she killed him.

What kind of woman would slay her own husband? What kind of man would drive her to do it? Why didn't she just leave him? Based on extensive interviews with June Briand, FIGHTING BACK explores these difficult questions while exposing the twisted sadomasochistic dynamics of a relationship that enslaves a woman--and drives her to kill.

At once terrifying and maddening, heartrending and ultimately exhilarating-- including an unforgettable glimpse at life inside a maximum security prison--FIGHTING BACK is a book you will never forget.

Getting Free: You Can End Abuse and Take Back Your Life

Since its original publication in 1982, Getting Free has changed the lives of tens of thousands of women. Written in an accessible style, packed with practical information and answers, special exercises designed to help a woman recognize abuse, and several success stories, Getting Free remains an important resource today—and this updated edition makes it an all the more relevant resource.

In this expanded edition, Ginny NiCarthy features important new information from the latest studies and most recent research on the subject. New chapters include an analysis of whether batterers' treatment really works, which programs help violent men change, and which do not; the results of research on the ways that many men who batter also abuse their children, and specific reactions of children to battering; the cultural and legal issues relevant to immigrant women; and a presentation of how religious beliefs and religious communities affect the real and perceived choices of women facing violence.

Girlfriends

Presents the poignant story of three women and the special bond they share as girlfriends--pulling them through health and sickness, marriage and divorce, wealth and poverty, and more.

Healing Your Life: Recovery from Domestic Abuse

No Synopsis

I Closed My Eyes: Revelations of a Battered Woman

Award-winning journalist and author Michele Weldon offers a distinctly honest and articulate portrayal of the domestic violence she experienced in a nine-year marriage to a man many considered to be the perfect husband. As an assistant professor of journalism at the Medill School, Northwestern University since 1996, public speaker, journalist for magazines and newspapers and seminar leader for The OpEd Project, Weldon defies the mythology about abuse victims. She conveys a poignant portrayal of a woman caught in abuse and her victorious escape to raise her three children alone. Working to understand and explain why and how this would happen, she offers hope to all women with similar stories, modeling the courage to break free, move forward and live a joyful life full of love.

Keeping the Faith: Guidance for Christian Women Facing Abuse

Practical guide addresses issues of faith for battered women—an invaluable resource for victims of domestic violence and the crisis centers that counsel them.

The Kitchen God's Wife

Winnie and Helen have kept each other's worst secrets for more than fifty years. Now, because she believes she is dying, Helen wants to expose everything. And Winnie angrily determines that she must be the one to tell her daughter, Pearl, about the past—including the terrible truth even Helen does not know. And so begins Winnie's story of her life on a small island outside Shanghai in the 1920s, and other places in China during World War II, and traces the happy and desperate events that led to Winnie's coming to America in 1949.

Living With The Enemy

This critically acclaimed, graphic report on family violence reveals the lives of ordinary women--and the men who batter them. "Hits you hard both viscerally and emotionally... She's a powerful reporter; her photos are as alarming and as memorable as a scream in the night.

--Vince Aletti, The Village Voice

Living with the Enemy is both harrowing and moving. With their shocking immediacy, these photographs offer the kind of urgent call to action provided by all great documentary photographs.

--Charles Hagen, The New York Times

Momma, Please Forgive Me!

Momma, Please Forgive Me! Abuse, destruction, compassion, love, trust and death all equal up to a spellbinding formula that takes place in the novel; Momma, Please Forgive Me. This formula adds up to everything a reader will need in order to fill them with great compassion and emotion. This formula will have them crying, praying, forgiving and giving thanks to God. This fictional story describes how a mother went to great lengths to save herself and her children at the cost of murder! Momma, Please Forgive Me! is a fictional drama that depicts the length of what a woman will do to keep her children safe.

Momma, Please Forgive Me! deals with the subject of domestic violence and abuse. This novel tells a fictional story of how an African-American mother does the unthinkable, kills her abusive husband in order to protect herself and her children. It also shows the effect of how domestic violence not only affects the victim, but the entire family. In Momma, Please Forgive Me!, La Vonne Brown, the main character, takes readers down a path of why she made the describes she did which ended up causing her family more pain than offer solutions.

In Momma, Please Forgive Me!, author Toi Moore went the extra mile by including domestic violence statistics, along with twenty-four hour a day help hotline phone numbers at the end of my book. In doing this, she especially wanted the silent victims, who are afraid to speak out about their situation, have the opportunity of confidentially seeking help on their own.

Author Toi Moore is personally attached to this story because she grew up in a family that was plagued with the devastating reality of domestic abuse. This abuse affected several generations in her family until she broke the cycle. When she was only six years old, she was the child hiding behind the doors and walls, listening to the harsh sounds her mother's fragile body endured from the powerful blows given to her by her step-father. Now, as an adult, the horrifying thoughts, visions and sounds still remain deep within her mind, never to be forgotten or accepted.

This novel has been endorsed by several celebrities such as: Vivica A. Fox, Mya, James Ingram, Patrice Rushen and T.C. Carson to name a small few. This story has also received rave reviews from adults and teenagers. Numerous parents have reported that their teenagers, who commonly hate to read, are dedicating several long hours reading Momma, Please Forgive Me! Then, they are highly recommending the book to friends, increasing sales. The EUR Internet magazine has compared Toi Moore to originally self published celebrities like; E. Lynn Harris and Omar Tyree.

This book also sheds a light on how domestic violence is considered as a silent killer and why it should be stopped! After reading my book, it will shed more details and understanding as to why my main character did what she did in order to save herself and her children.

Naming the Violence: Speaking Out about Lesbian Battering

Essays tell the stories of battered lesbians and discuss community organizing activities, support groups, and the possible causes of this form of domestic violence

No Angels: Women Who Commit Violence

No Synopsis

Pathways to Peace: 40 Steps to a Less Violent America

A Passionate Guide to Peacemaking...For parents, teachers, members of the clergy or business community, health or social service workers, of policymakers, this book points the way to a more peaceable future. Pathways to Peace maps the journey for every American concerned about violence. With practical guidelines that range from bullyproofing children to exploring the essence of peacemaking, the book offers timely insights and constructive resources for decreasing violence in our homes, schools, and communities. Most importantly, it helps us understand and focus on the violence within ourselves and how to address it in our search for a more peaceful society.

Rural Women Battering and the Justice System: An Ethnography

Drawing on his ethnographic research in rural areas of Kentucky, the author of this book presents a thorough look at the experiences of battered women in rural communities. Neil Websdale demonstrates how rural patriarchy and an insidious ol' boy's network of law enforcement and local politics sustains and reproduces the subordinate, vulnerable, isolated position of many rural women.

Taking into account that traditional patterns of intervention can often put women in isolated communities at further risk, the author recommends a coordinated multi-agency approach to rural battering, spearheaded by the agencies of state feminism.

Second Sight

Set in 1973, when the concept of domestic violence barely existed, *Second Sight* is the haunting story of one family's web of violence and a woman's will to survive. Stoic Gabrielle Bissonette and Valley, her vulnerable sister-in-law, become close as they negotiate the increasing instability of Robert, Gabrielle's brother. A decade later, in journal entries woven through the gripping narrative, Gabrielle struggles to understand the tragedy she has survived and discovers the strength and forgiveness that grant her 'second sight.'

To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women

A comprehensive education on domestic violence--and the tools to intervene in a way that helps, not hurts.

To Be an Anchor in the Storm is the first hands-on guide for people who want to assist a friend or loved one in her struggle to escape domestic violence. The survivor of a batterer herself, Susan Brewster has counseled abused women for more than a decade. Now she weaves together lessons from her own life and many case histories, including the complete story of a woman called Jackie, as she supports her sister's attempts to leave an abusive husband.

Brewster will teach you how to recognize the signs of abuse, handle your own negative feelings, become an effective advocate, deal with the batterer, and more. Her compassionate book will give you the understanding you need to give strength to women who are trying to break free.

The Verbally Abusive Relationship: How to Recognize It and How to Respond

In this fully expanded and updated third edition of the bestselling classic, you learn why verbal abuse is more widespread than ever, and how you can deal with it. You'll get more of the answers you need to recognize abuse when it happens, respond to abusers safely and appropriately, and most important, lead a happier, healthier life.

In two all-new chapters, Evans reveals the Outside Stresses driving the rise in verbal abuse - and shows you how you can mitigate the devastating effects on your relationships. She also outlines the Levels of Abuse that characterize this kind of behavior - from subtle, insidious put-downs that can erode your self-esteem to full-out tantrums of name-calling, screaming, and threatening that can escalate into physical abuse.

Drawing from hundreds of real situations suffered by real people just like you, Evans offers strategies, sample scripts, and action plans designed to help you deal with the abuse - and the abuser.

This timely new edition of *The Verbally Abusive Relationship* puts you on the road to recognizing and responding to verbal abuse, one crucial step at a time!

Violence in Families: Assessing Prevention and Treatment Programs

Reports of mistreated children, domestic violence, and abuse of elderly persons continue to strain the capacity of police, courts, social services agencies, and medical centers. At the same time, myriad treatment and prevention programs are providing services to victims and offenders. Although limited research knowledge exists regarding the effectiveness of these programs, such information is often scattered, inaccessible, and difficult to obtain.

Violence in Families takes the first hard look at the successes and failures of family violence interventions. It offers recommendations to guide services, programs, policy, and research on victim support and assistance, treatments and penalties for offenders, and law enforcement. Included is an analysis of more than 100 evaluation studies on the outcomes of different kinds of programs and services.

Violence in Families provides the most comprehensive review on the topic to date. It explores the scope and complexity of family violence, including identification of the multiple types of victims and offenders, who require different approaches to intervention. The book outlines new strategies that offer promising approaches for service providers and researchers and for improving the evaluation of prevention and treatment services. Violence in Families discusses issues that underlie all types of family violence, such as the tension between family support and the protection of children, risk factors that contribute to violent behavior in families, and the balance between family privacy and community interventions.

The core of the book is a research-based review of interventions used in three institutional sectors--social services, health, and law enforcement settings--and how to measure their effectiveness in combating maltreatment of children, domestic violence, and abuse of the elderly. Among the questions explored by the committee: Does the child protective services system work? Does the threat of arrest deter batterers? The volume discusses the strength of the evidence and highlights emerging links among interventions in different institutional settings.

Thorough, readable, and well organized, Violence in Families synthesizes what is known and outlines what needs to be discovered. This volume will be of great interest to policymakers, social services providers, health care professionals, police and court officials, victim advocates, researchers, and concerned individuals.

Violence in Gay and Lesbian Domestic Partnerships

Violence in Gay and Lesbian Domestic Partnerships provides a comprehensive analysis of same-sex domestic violence, addressing the major theoretical and treatment issues for both its victims and perpetrators. Its contents raise awareness among social service providers, of the problem of same-sex domestic violence and emphasize the need for special services for both victims and perpetrators. The publication of Violence in Gay and Lesbian Domestic Partnerships signifies the growing official recognition of domestic violence within lesbian and gay relationships as a social problem worthy of serious attention and intervention.

Editors Renzetti and Miley begin by providing readers with an overview of the problem of same-sex domestic violence and the responses of the domestic violence movement and other social service providers. Chapters then move to discussions of the current scarcity of services available to lesbian and gay victims and perpetrators of domestic violence and then evaluate specific treatment modalities for these client groups. Significantly, the special needs of lesbians and gays of color and those with HIV/AIDS are discussed. Chapters contain:

- an historical overview of the study of same-sex domestic violence
- a review and evaluation of theoretical explanations of same-sex domestic violence
- an analysis of major problems in service provisions to gay and lesbian victims of domestic violence
- suggestions for and evaluations of specific treatment modalities
- an analysis of how racism intersects with homophobia to exacerbate the consequences of domestic violence
- an analysis of the role of HIV/AIDS in same-sex domestic violence

Violent Voices: 12 Steps to Freedom from Verbal and Emotional Abuse

Based on the 12 Steps of Alcoholics Anonymous, this book guides women who are trying to break out of abusive relationships, and aids in the healing process

What to Do When Love Turns Violent: A Practical Resource for Women in Abusive Relationships

The New York Times called What to Do When Love Turns Violent, "possibly the best single resource." Dr. Robert McAfee, past president of the American Medical Association said, "This may be the most important book of your life." The author appeared on The Oprah Winfrey Show, which produced and aired a special short film about safety planning based on the book. What to Do When Love Turns Violent empowers you to find help and take back your life. Here is everything you need to know to make the right choices. The first part spells out an action plan to get out of danger and find immediate help: making a protective order work; calling the police; finding safe shelter; seeking medical attention; getting financial assistance. Part 2 details how to stay safe and regain control over your life: preparing for safety at home and on the job; protecting your children; rebuilding your life. Includes an extensive list of national and community organizations where you can find help.

When Katie Wakes: A Memoir

Bestselling author Connie May Fowler tells her own extraordinary story for the first time—the harrowing years of her childhood followed by the abusive relationship she endured as a young woman—and how the unconditional love of her dog helped her escape her physical and emotional bonds.

Before *Women Had Wings*, Connie May Fowler's award-winning and bestselling fictional account of domestic abuse, touched thousands. In this piercing memoir, Fowler chronicles the emotional battery and physical abuse that marked her own passage to adulthood. She draws a searing portrait of growing up with her manipulative and needy mother, a woman unable to give the love and comfort every child has a right to expect.

And then, as a young woman, Fowler found herself involved with a man whose behavior disturbingly echoed her mother's. The man she lived with alternately displayed a desperate need for her or rejected her as if she were worse than useless. With heart-wrenching candor, Fowler records the abuse she suffered at his hands, from his constant attempts to undermine her self-confidence to his acts of brutal physical violence.

The unconditional love Fowler longed for finally came—in the shape of an adoring Labrador puppy named Kateland. With Katie at her side, she was able to withstand her mistreatment and the crushing weight of her childhood and, miraculously, managed to create a small refuge from the horrors that surrounded her. This is the story of her decision to end the years of mistreatment and even to open her life to a new, gentle man, whose love and understanding helped to transform her. Well known for her fiction and her work with victims of domestic abuse, Fowler now offers a strong helping hand to women everywhere in this startling, revealing, and ultimately inspiring memoir.

When Love Goes Wrong: What to Do When You Can't Do Anything Right

Millions of women each year find themselves in relationships with controlling or abusive partners and don't know what to do, or even what's wrong. A woman may feel anxious, inadequate, intimidated -- and as if she is walking on tiptoe. And she may find herself trying harder and harder to make things right without ever being successful. Ann Jones and Susan Schechter bring together their more than fifteen years of experience working with women in abusive relationships to offer an eye-opening new analysis of controlling partners and a wealth of empowering information for women who want to change their lives for the better. Full of moving first-person stories, *When Love Goes Wrong* shows women what their options are in or out of the relationship, provides concrete guidance on finding safety and support for themselves and their children, and includes a comprehensive list of agencies offering information or assistance.

Where Women Stand: An International Report on the Status of Women in 140 Countries

Find out information on a multitude of important issues, and discover facts pertinent to anyone concerned about women's issues and women's status in the growing global community. Based largely on United Nations documents and unpublished reports commissioned by the U.N., *Where Women Stand* provides the latest facts on women in the world around us.

Two complimentary sections illuminate pressing issues and essential statistics about women's status around the world. The first section provides a global progress report on women's political representation, education, and employment. It also deals with marriage and divorce, family planning, and domestic violence. The second section uses these topics as criteria to profile 140 countries, 21 of them in depth. With ample graphs, charts, and tables, no other book offers so much information in such an easy-to-access format.

Wild Embers

Working at a prestigious private practice after the outbreak of World War II despite racial tensions, African-American nurse Janelle Roy turns to civil rights lawyer Dalton Graham when she is blamed for the death of a patient.

Why Does He Do That?: Inside the Minds of Angry and Controlling Men

In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship.

He says he loves you. So...why does he do that?

You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about:

- The early warning signs of abuse
- The nature of abusive thinking
- Myths about abusers
- Ten abusive personality types
- The role of drugs and alcohol
- What you can fix, and what you can't
- And how to get out of an abusive relationship safely

A Terrible Thing Happened

After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.

NO-NO The Little Seal

A young seal is upset when his uncle starts touching his body in private places, until he finds the courage to tell Wise Whale. Text includes some songs.

An Uncommon Dialogue

A gripping autobiographical account of two years spent in psychotherapy to deal with childhood sexual abuse, this uplifting story is written in two parts: as a dialogue between the patient and her psychiatrist and as a conversation with her mother and sister. The emotions accompanying the narrator's prolonged sexual abuse as a child by her mother's sexual partners slowly unravel and it becomes clear that her mother was aware of the abuse but failed to protect her daughter. Initially a naive, overwhelmed, and confused child, unable to keep a job or develop relationships, the author eventually grows into a clear-thinking adult, aware of her past and capable of understanding its psychological implications.

Beyond Survival: Living Well is the Best Revenge

No Synopsis

Can't Touch My Soul: A Guide for Lesbian Survivors of Child Sexual Abuse

This groundbreaking study of lesbian survivors of childhood sexual abuse addresses the endemic feelings of horrible isolation and shame experienced by survivors through the words of 60 women who shared with Rafanello their inspiring stories of recovery. In addition, Rafanello includes up-to-date research and information on post-traumatic stress disorder and healing therapies; hard-to-find specific resources for lesbian survivors and those who help them; and detailed appendixes and resource guides. A systematic guide to recovery, from the earliest stages of remembering to overcoming the coping and defense mechanisms children adapt to survive.

Donna Rafanello has worked extensively in social services. She been a contributing editor for the American Academy of Pediatrics and a consulting editor for the National Association for the Education of Young Children.

Healing the Trauma of Domestic Violence: A Workbook for Women

Many women who free themselves from violent domestic situations experience symptoms of post-traumatic stress disorder (PTSD) long after they achieve physical and emotional safety. A ringing telephone or a crowded city street threatens a potential encounter with their abuser. People they care for seem far away, and things they used to enjoy offer neither pleasure nor relief. Their long, sleepless nights drag on.

If you've freed yourself from an abusive relationship but still suffer from its effects, this program of trauma recovery techniques can help you take back your peace of mind. Based on a clinically proven set of techniques called cognitive trauma therapy (CTT), the exercises in this workbook will help you address feelings of guilt, anger, depression, anxiety, and stress. You'll learn how to break down the negative thoughts that might be cycling in your mind and how to replace them with positive, constructive affirmations. Later in the program, you'll be guided through controlled exposure to abuse reminders, which will enable you to face the fears you might otherwise spend a lifetime avoiding. The program begins and ends with techniques for becoming your own best advocate—an informed, confident person with all the strength you need to create the secure, fulfilling life you deserve.

Recognize the effects of trauma on your life
Let go of anger, stress, shame, and guilt
Change core beliefs that can lead to involvement in abusive relationships
Confront and overcome your fears
Dispel feelings of helplessness
Avoid future involvement with potential abusers

How Long Does It Hurt?: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families

How Long Does It Hurt? is the revised and updated edition of the best-selling book written by an incest survivor for future survivors. This step-by-step guide speaks directly to victims of sexual abuse to help them come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt.

Just Another Little Murder

"Eyes downcast, his head framed by the shadow from the flash and his thick hands a patchwork of freckles branded with scars from the removal of tattoos, the man captured by the police camera on the day he killed my sister was a pitiful figure". It should have been easy, but neither family nor the law could stop this man from murdering Vicki Cleary. On a sunny August morning in 1987, outside the kindergarten where she worked, Peter Raymond Keogh stabbed his ex-girlfriend to death. When Phil Cleary heard the jury's verdict of not guilty on grounds of provocation, he was outraged by the lies and deceptions that let a bad man get away with murder. For the next 14 years he combed police and court records detailing Keogh's life and crimes, listened to the stories of good women who suffered the criminal's terror, and waged a public war against the complicity of the legal fraternity, psychiatrists and a parole officer who fell for a coward's lies. Impassioned and articulate, Phil Cleary takes us on his journey to set the record straight and to seek the justice that was denied his sister. His is a story of the heartbreak murder brings to an ordinary family, and a brother's obsession with retribution.

Leaping Upon the Mountains: Men Proclaiming Victory over Sexual Child Abuse

Presenting the first real investigation of what male sexual assault survivors themselves identify as most important during various stages of recovery, Leaping upon the Mountains contains powerfully moving contributions from hundreds of men of all ages and backgrounds throughout the United States and 45 other countries. It is not a work of fiction, but a compilation of many truths, many realities—a quilt pieced together from men's experiences—forming an impressively triumphant pattern. Taken together, they state, lucidly and forcefully, that recovery work produces changes that are real, important, and permanent. Leaping upon the Mountains is a celebration of successful recovery.

Readers of Leaping upon the Mountains will discover:

- Insights and resources for all stages of recovery
 - Encouraging and inspiring messages from other male survivors
 - A large updated resource section providing concrete help to survivors and professionals
 - Ways of reconnecting with their own strength and creativity
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Life After Trauma, Second Edition: A Workbook for Healing

Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits. Dozens of step-by-step questionnaires and exercises are included; you can download and print additional copies of these tools for repeated use.

Lucky

In a memoir hailed for its searing candor, as well as its wit, Alice Sebold reveals how her life was transformed when, as an eighteen-year-old college freshman, she was brutally raped and beaten in a park near campus. What ultimately propels this chronicle of sexual assault and its aftermath is Sebold's indomitable spirit, as she fights to secure her rapist's arrest and conviction and comes to terms with a relationship to the world that has forever changed. With over a million copies in print, *Lucky* has touched the lives of a generation of readers. Sebold illuminates the experience of trauma victims and imparts a wisdom profoundly hard-won: "You save yourself or you remain unsaved." Now reissued with a new afterword by the author, her story remains as urgent as it was when it was first published eighteen years ago.

Not Quite Ripe - A Memoir

This is the story of Debra Byrne's life. The highs and lows, the showbiz triumphs and finally her ability to survive. Written with rare candour and effortless humour, *Not Quite Ripe*, is a remarkable and passionate memoir.

Point Last Seen: A Road to Recovery After Childhood Sexual Abuse and Domestic Violence

An inspirational book for victims of both childhood sexual abuse and domestic violence and their families. Contains a workable 'Project Plan to Empowerment' endorsed by doctors and counselors.

Shining Through: Pulling It Together After Sexual Abuse

No Synopsis

The Brother/Sister Hurt: Recognizing the Effects of Sibling Abuse

No Synopsis

Talking about Domestic Abuse: A Photo Activity Workbook to Develop Communication between Mothers and Young People

Talking about Domestic Abuse is an activity pack for children of nine years and above and adolescents where families have experienced domestic abuse, to help and encourage them to open up to their mothers about their distressing experiences.

Based on the authors' work with families who have experienced domestic abuse, the activities are designed around four important themes: building self-esteem; naming feelings; facilitating communication between mothers and children; and talking about personal experiences, including domestic violence, and are accompanied by photographs which act as prompts for discussion. The authors explain the need of young people to communicate with their parents about painful memories. They also establish practical 'ground rules' on how mothers can enter into that communication successfully and how to make the most of the activities provided. Further information is also given on support services that are available to families coping with domestic abuse.

This will be an essential tool for families including young people who have lived through domestic abuse, as well as social workers and other professionals working with them.

Talking to My Mum: A Picture Workbook for Workers, Mothers and Children Affected by Domestic Abuse

Talking to My Mum is an activity pack for five-eight-year-olds whose families have experienced domestic abuse to help and encourage them to open up to their mothers about their distressing experiences.

Based on the authors' work with families who have experienced domestic abuse, the book is full of illustrated worksheets featuring animal characters who encourage the young reader to explore a range of memories, such as changes in the family's living arrangements or happy memories with siblings or favourite toys that each prompt a particular emotion. These activities are accompanied by guidance on how to use them appropriately. Talking to My Mum is designed for children and their mothers to complete together, and will assist both child and mother with improving communication about the past, present and future.

This activity pack will be an essential tool for families with children who have lived through domestic abuse, as well as social workers and other professionals working with them.

When Adults Hurt Children: Helping Children Heal from Abuse

This book helps victims express in pictures what they are unable to say in words.

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse

Written by a therapist who specializes in abusive men, this guide reveals how abusers interact with and manipulate children—and how mothers can help their children recover from the trauma of witnessing abuse.

Can my partner abuse me and still be a good parent? Should I stay with my partner for my children's sake? How should I talk to my children about the abuse and help them heal? Am I a bad mother?

Mothers in physically or emotionally abusive relationships ask themselves these questions every day. Whether it's physical or "just" emotional abuse, whether it's aimed at them or you, whether they see or hear it, your kids need you.

This book, the first ever of its kind, shows mothers how to:

- Protect children and help them heal emotionally
 - Provide love, support, and positive role models, even in the midst of abuse
 - Increase their chances of winning custody
 - Help their kids feel good about themselves
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