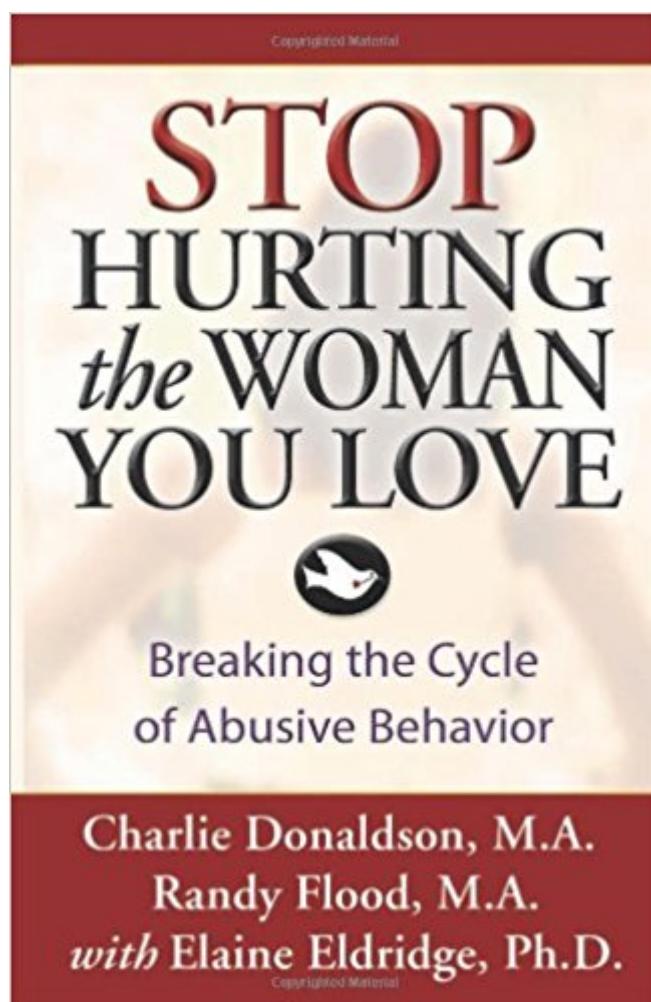


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# Stop Hurting The Woman You Love: Breaking The Cycle Of Abusive Behavior



## **Synopsis**

A first-ever how-to book to help abusive men change their behavior by changing their thinking. End the cycle of abuse - for good. Authors Charlie Donaldson, Randy Flood and Elaine Eldridge uncover a proven action plan that violent men can use to change their behavior. Filled with insightful questionnaires and actual case histories, the essential how-to book *Stop Hurting the Woman You Love*, will help end abusive patterns in favor of healthier, happier relationships.

## **Book Information**

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## **Customer Reviews**

Charlie Donaldson is director of the Men's Resource Center in Holland, Michigan. He has specialized in working with men for twelve years and offers batterer intervention, substance abuse counseling, and men's therapy groups. As an adjunct professor in the School of Social Work at Grand Valley State University in Allendale, Michigan. Donaldson specializing in working with male interns focusing on men's issues. He has presented seminars for other therapists on the psychology of men who abuse women, obstacles and approaches to working with men in therapy, risk and lethality issues for batterers, and interventions for angry and assaultive men. Charlie was instrumental in creating the Batterer Intervention Service Coalition of Michigan and the Lakeshore Alliance Against Domestic and Sexual Violence of Ottawa County, Michigan. He is credentialed as a Limited Licensed Psychologist, a Licensed Professional Counselor, a Certified Addictions Counselor I and holds M.A. degrees in English and in Counseling Psychology.

My only wish was that I had this book before it was too late ...

good book

Great book

great book

I feel as though the book is excellent at explaining how a man can identify feelings and feel more in tune with himself. I feel more intelligent when I speak to my wife about emotions and how to properly communicate what I'm feeling to her. It's stressful learning, but that's where getting a behavioral therapist will help most, because this book is not meant to be used alone. Guidance from a therapist while learning how to deal with your emotions and communicating them to your spouse is the best way to stay in check with yourself when you're trying to develop new behavioral habits.

If you've been confronted with abusive behaviors, you understand the instinctual denial, defensiveness, minimizing, and blaming which immediately accompanies such revelations. "Who me?!! An abuser?!!... I've never hit my wife, limited her spending (or time, who she sees, where she goes, etc), called her names, or yelled at her!" Abuse comes in many forms. This book helped shed light on numerous areas I never realized I was behaving in an abusive manner. I was harming my wife thus hurting my son by default. This book has opened my eyes to my issues and has helped plant my feet on the road to recovery. One of my favorite principles the author speaks of is if you are abusive, you will spend the rest of your life either in recovery or in relapse. It is our responsibility to be constantly monitoring which road we're on. We owe it to those who matter most in our lives.

As a verbal abuser to my wife and past relationships I really needed to find a book to help me find out why I do the things I do, and this book helps me figure that out! This book not only helps you figure out why you do what you do but also helps you, so you don't do it anymore. So far, with the help of a therapist and this book I'm on my way to a healthy relationship with my wife! If you need guidance and direction buy this book!!!

It's pretty obvious that someone who thinks it's all right to push and slap women, order women around like a drill sergeant does, and expect complete obedience isn't going to be a candidate for

any self-help book to develop a better relationship. But some men who behave that way are shocked when their girl friend or wife leaves, calls the police, and begins legal proceedings . . . and those men want to restore the relationship, even if it means they have to change. If such a man is willing to enter a group that works on overcoming those behaviors and the attitudes that lie behind them, *Stop Hurting the Woman You Love* can be a very helpful resource. Mr. Donaldson and Mr. Flood have considerable experience in assisting men to make this kind of transition through their work as directors of the Men's Resource Centers in Holland and Grand Rapids, Michigan. Most of the men they see are sent to the centers by a court after having been found to be criminally abusive. From that background, the authors create some fictional types that represent the kinds of men who become abusers. I recognized several of the types among men I know who have abused their wives. They then do a fine job of explaining how these men see what's going on . . . and how those faulty views of reality get the men (and the women they love) into trouble. This material is presented in straightforward language, and I doubt if anyone will find a confusing message anywhere in the book. Once having looked at abusers, the reader is invited to find out about himself through a self-assessment built from attitudes and behaviors. You are then guided to identify your primary style of interacting with women and your family. The rest of that chapter explores pathways to escaping from vicious cycles of abuse for that kind of person. Cleverly, the authors allow no escape from confronting what might be done: There's even a category for the respondents who don't find anything wrong in themselves during the self-assessment. The book has lots of practical advice such as how to give yourself a time-out before your anger spills over into abuse. The authors also help readers understand where their attitudes and behaviors come from and what emotions their anger is masking. Finally, the book helps refocus the reader on seeing the relationship from both the female and male perspectives at the same time. I particularly enjoyed reading the reference to research about how long-term relationships are based on five positive things done for every somewhat negative one. Why not shoot for a higher ratio than that? I couldn't help but feel that a lot of the abusers described here were living in a fantasy world when they got married, a world in which the best traits of their mothers and most stimulating girl friends were going to be combined into one woman who provided lots of mothering, attention, and irresponsible pleasure for the men while the children take care of themselves. I have mixed feelings about encouraging people to read this book. At one level, I hope lots of people do so and that abuse is lessened. At another level, I hope that no one needs this book because people were able to permanently stop abuse on their own. But I fear that my former feeling is the more accurate, if less optimistic one. I see too many women with shiners, broken arms, and swollen faces to think that physical violence has disappeared from

America.

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