

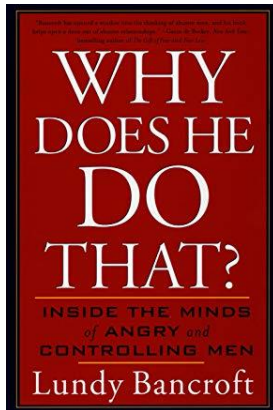
BOOKS FOR WOMEN



Resource on how abusers think to help women recognize when they are being controlled or devalued in a relationship, and to find ways to get free of abuse.

Why Does He Do That

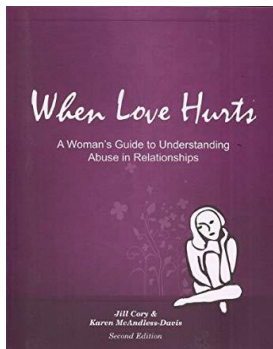
By Lundy Bancroft



In this ground-breaking 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.

When Love Hurts

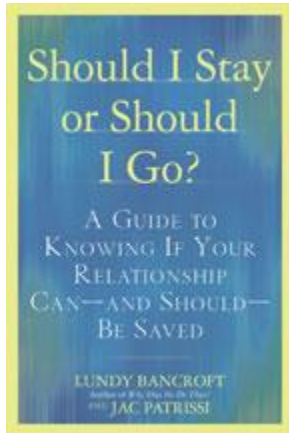
By Jill Cory



When Love Hurts was first published in 2000, it was designed to help women recognize the signs of abuse in a relationship and the abusive strategies their partner uses to control and disempower them. It also provides tools on what to do if a woman is experiencing abuse.

Should I Stay or Should I go

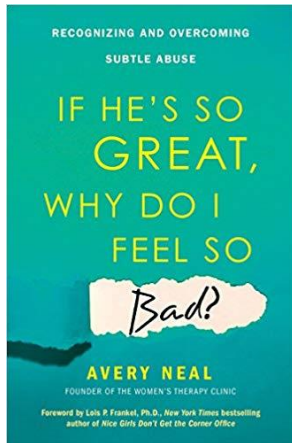
by Lundy Bancroft



Are you tired of that aching feeling in your heart? Do you feel like you're having to work every day to earn your partner's love? Has your partner cheated on you? This book guides women in putting their finger on exactly what has gone wrong in their relationships, and knowing what decisive action to take now.

If He's So Great, Why Do I Feel So Bad? Recognizing and Overcoming Subtle Abuse

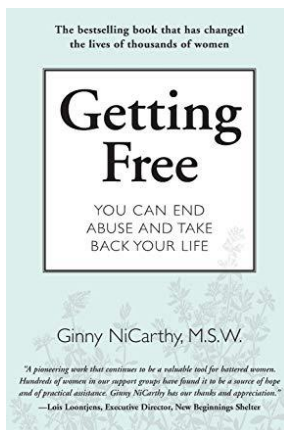
By Avery Neal



Manipulation, deception, and disrespect leave no physical scars, but they can be just as traumatic as physical abuse. In this ground-breaking book, Avery Neal, founder of the Women's Therapy Clinic, helps you recognize the warning signs of subtle abuse. As you learn to identify patterns that have never made sense before, you are better equipped to make changes.

From letting go of fear to setting boundaries, whether you're gathering the courage to finally leave or learning how to guard against a chronically abusive pattern, *If He's So Great, Why Do I Feel So Bad?* will help you enjoy a happy, healthy, fulfilling life, free of shame or blame.

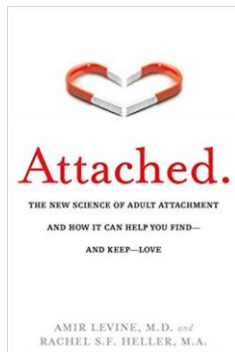
Getting Free resource, by Ginny NiCarthy



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.

Attached: The New Science of Adult Attachment and How It Can Help You Find--and Keep-- Love

by Amir Levine (Author), Rachel Heller (Author)

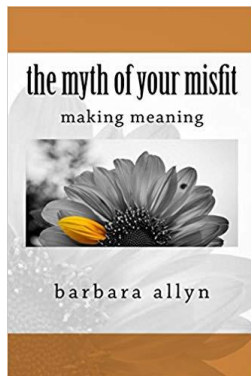


In this book, Levine and Heller guide readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

- Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back
- Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness.
- Secure people feel comfortable with intimacy and are usually warm and loving.

The Myth Of Your Misfit

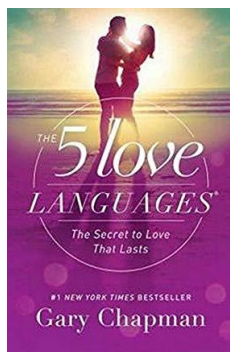
by [Barbara Allyn](#)



Tribal Theory is a paradigm shift. An inclusive framework to discover your place in the Tribe. It is a simple theory to apply, in three easy steps. Tribal Theory creates a safe place for people to 'make meaning' of their adversity, crisis and trauma, and experience a new story of healing, resilience and post-traumatic growth.

5 love languages

by Gary Chapman



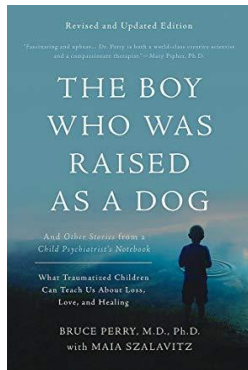
Falling in love is easy. Staying in love—that's the challenge! How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life?

Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

Acts of Service, Words of Affirmation, Gifts, Touch and Quality Time.

The Boy Who Was Raised as a Dog

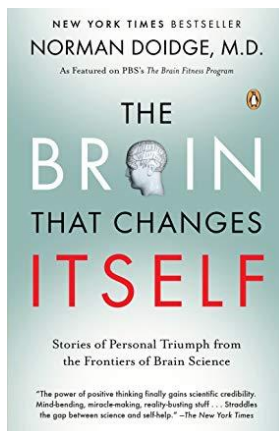
by Bruce Perry



In *The Boy Who Was Raised as a Dog*, Dr. Perry tells their stories of trauma and transformation through the lens of science, revealing the brain's astonishing capacity for healing.

The Brain That Changes Itself

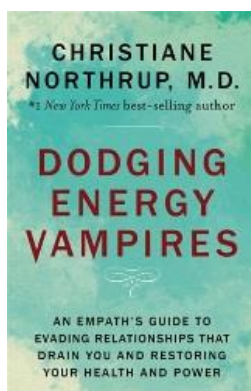
by Norman Doidge



An astonishing new science called "neuroplasticity" is overthrowing the centuries-old notion that the human brain is immutable. In this revolutionary look at the brain, psychiatrist and psychoanalyst Norman Doidge, M.D., provides an introduction to both the brilliant scientists championing neuroplasticity and the people whose lives they've transformed.

Dodging Energy Vampires

By Christiane Northrup, M.D.



An empath's guide to evading relationships that drain you and restoring your health and power.