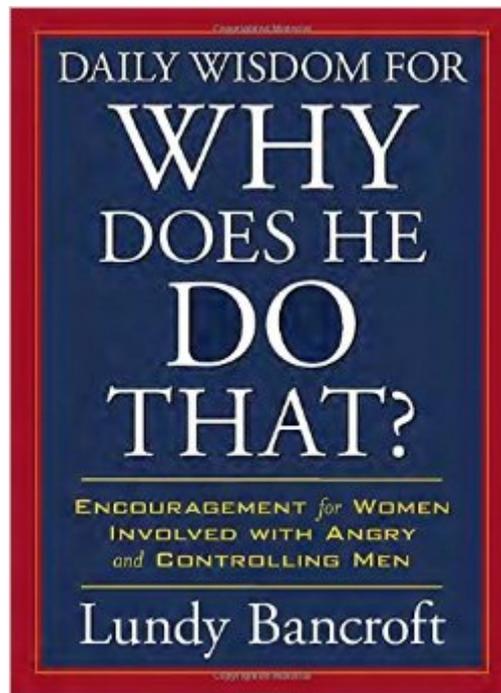


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# Daily Wisdom For Why Does He Do That?: Encouragement For Women Involved With Angry And Controlling Men



## Synopsis

Each new day. One new meditation. One new step forward. Even if you've read *Why Does He Do That?*, it may be hard to see the truth of what is happening to you. You may feel overwhelmed by confusion, loss, and fear, and find yourself looking away from the truth and falling back into traumatic patterns. What you need is something that is there for you every day to help you make a long series of little changes that will ultimately add up to a big one. Like a constant friend, this collection of meditations is a source of strength and reassurance designed to speak to women like you, women in relationships with angry and controlling men. It helps you to digest what is happening a piece at a time, so that you can gain clarity, safety, and freedom. To learn to value and respect yourself even when your partner makes it very clear that he does not each day centers on one of seven themes designed to empower, encourage, and inspire you . . .

- Each New Day
- Clarity
- Your Own Best Friend
- Your Relationships
- Healing
- Guiding Children
- Surviving to Thrive

You will see the truth in your destructive relationship. You and your children will survive. And with these encouragements even tomorrow will be a better day than today.

## Book Information

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## Customer Reviews

I have to deal with a man who is controlling and abusive for the next seventeen years because we share a child. This book has been very helpful in reminding me not to get caught up in the smoke and mirrors he uses to try and break me down, not to go back during the "nice" part of the cycle because it's just a game for him, and how to make sure my child isn't damaged by his inability to

love. When someone devotes all of their mental energy trying to tear you down, steal your joy, and make you question everything because you have been lied to so many times, you need to realize what they are doing and have a constant reminder that the problem is with them, not you, and you are not alone. This book does that. I also recommend the book this is a companion for, "Why Does He Do That?" which details different types of abusers and the tactics they use. Knowing who you are dealing with helps you from being blindsided because you know what to expect. There are also resources to get help.

I have all of Lundy Bancroft's books and they are life changing. I am now extremely educated about my abusive spouse. After 20 years of marriage I finally had the courage to separate and seek peace for myself and my 19 year old son. I love this newest book. It is giving me tremendous confidence because I know the truth about what has been done to me, and, how hard I've tried.

As with the first book I ever read by author Lundy Bankcroft, (Why Does He Do That?), this daily view and read is stunning in so many ways. I enjoy the learning experience, that is for sure! Every woman should read this book... every Family Practice attorney should read this book, in fact, every Judge that oversees a case involving an abused spouse SHOULD read this book!

Bancroft's books are life-changing for those who are victims of abuse as well as those who help them. Bancroft removes all the blinders. The abuser's tactics are exposed so that they lose their power to deceive. This particular book of "Daily Wisdom" is a treasure for those who are trying to heal. Often, they need small bites of truth in the confusing process of recovery. The truths are like keys of escape from a dungeon of horrors.

I run a domestic abuse support group and this is the BEST book I've ever read on domestic abusers. There are many books out there on abusive relationships and abuse victims, but nothing on the abuser like this. If you've ever had the idea that the abuse was your fault or been made to feel like you deserve to be yelled at, ignored, given the silent treatment or treated with suspicion, then you really need to read this book. It doesn't matter what your abuser claims makes him/her so abusive. Too much stress? I don't think anyone has more stress in their life than an abuse victim. Not enough sex? Who wants to have sex with someone who is mean to them? Abusive childhood? Then he/she has even less of an excuse to abuse someone else because they know what it feels like. If you've come to looking for books on domestic abuse, then you already know something is

not right in your relationship. Get this book. It will be like getting the keys to your jail! I can't tell you how many copies I've given away.

Lundy has done it again this book is a must have ,he is brilliant and his understanding is beyond anything you will ever learn from any other professional. it is precise and the most accurate I gave ever read, you will not get a better understanding than what he has written. he really should receive an reward. this book is something that all women should have, his expertise is superb!!!!

This author understands and describes best what it is like to live with an abusive partner. This book will impregnate you with hope for a better life. He gently helps you to face the reality of your situation. His compassionate understanding has penetrated my shame and helped me to face the truth about my life. He understood me better than I understood myself. He revealed the confusion and the illusion that kept me stuck in an abusive relationship for years. I highly recommend this book. It will impart strength for you to take action. NO MORE ABUSE!

This was one of the most helpful book I've ever read. It allowed me to understand AND process what happened to me...all of the seemingly non-abusive behaviors he used against me (withholding affection, the silent treatment, emotional manipulation, etc.) that I had a hard time contextualizing and explaining to friends (...I know you know what I'm talking about).I implore anyone who feels as though they are being treated poorly (i.e. abusively - but maybe you aren't ready to label it yet) to read this book. I PROMISE it is helpful. In fact, any time I'm have a fleeting feeling like I miss him or the relationship, I re-read pages I've highlighted/ dog-eared/ labeled and I quickly remember why that relationship was toxic.The only downfall for others is this is written in a very heteronormative fashion (male perp, female victim) - which happened to suit my situation, but others may feel a little less connection to the language (unless you simply mentally switch gendered pronouns in the text).

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