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But He'll Change: End The Thinking That Keeps You In An Abusive Relationship



Synopsis

A survivor of domestic violence offers women the tools needed to work through the excuses they tell themselves that keep them in abusive relationships--and to make positive changes in their lives. He loves me. He has a really sweet side. I am all he has. If only his boss wouldn't put him under so much stress. At least he doesn't hit me. He won't do it again. I can't do anything right. In this compassionate book, Joanna V. Hunter helps women face, head on, the excuses they tell themselves that keep them in abusive relationships. Using expert advice complemented by her story and the stories of dozens of other women who have survived and turned away from domestic violence, Hunter teaches women to identify the lies they've accepted, understand what healthy thinking sounds like, stop taking the blame for their partner's behavior, identify power and control plays, and stick up for their own needs and plans for their safety. With each self-defeating message addressed in *But He'll Change*, Hunter offers counter messages designed to help women build strength and hope. Readers will develop the tools to operate not as victims, but as survivors, understanding the power that they hold to change their lives.

Book Information

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Customer Reviews

Joanna V. Hunter is a popular speaker, volunteer, and trainer on domestic violence who works with victims and those who serve them. Her work is informed by her experience as a survivor of abuse. Hunter lives in Oregon, Wisconsin.

This book accurately depicts the thought process of someone who is struggling with their own conflicting thoughts and feelings as they come to terms with living with abuse. Each little section begins with "Yes, but..." I remember those same words coming out of my own mouth as I tried to make excuses for the inexcusable. I left my abuser about nine years ago. What a great tool for someone still trying to make sense of it all. Give this book as a gift to someone in an abusive relationship. It would be extremely helpful to them.

It's full of the lies you've accepted as truths as your relationship progressed. Every chapter is full of "Yes, but..." lies we all tell ourselves. We know they're not true, but we seem to be creatures of habit, and if you are still in contact with him, he's doing everything he can to enforce his reality - the lies. It's even more full of the truth. The real truth. The truth we need to hear. The truth you've been blamed, yelled, forced, humiliated, (etc.) to deny to your own self. It is common sense. It is the truth that will set you free. The book says that 37% of US women live in emotionally abusive relationships. The book is full of "issues to explore." It gives you excellent questions to ponder and journal about to help your healing, maybe gain some insights too. The truths are wonderful affirmations to glance back over. He took a long time brainwashing you and probably did a pretty good job! Some of his reality just became engrained in you and you'll need to keep reminding yourself most of what he said was lies. These truths and issues are worth looking over and remembering as you work so hard to heal, to reclaim your self -- your true self. Glad it's in my library. I review the truths as a reality check. Just to make sure I'm not slipping backwards into his warped reality.

This a great book on a tough topic. It is succinct. To the point. Easy to refer back to. It has short, very focused chapters that make it easy to skip to the exact issue someone is facing. And a detailed Table of Contents which makes it easy to jump to the exact area you need. I read it to support a friend who is the victim of abuse. It helped me to understand much more clearly what was going on in the mind of the abuser and victim so I could be helpful to my friend. If you are the victim of abuse or know someone who is get this book.

This book is a great tool for me to refer back to when I doubt myself. The thinking keeps propping itself up like it has for so long. Now I have this tool to refer back to and remind myself how destructive my own thinking is that kept me in an abusive relationship for 20 years. Those of us who were abused need constant reminders that we are not alone and that we can stop the cycle of abusive relationships.

This book is so useful for women who have (and are) in abusive relationships. There are a lot of ideas for journaling in it. It's definitely worth reading all the way through. It really allowed me to see how crazy my world has been for 20+ years - and it wasn't me that was crazy.

As a counselor and advocate for victims of domestic violence, this is one book that most of my clients can identify with. I only purchased one copy, and it is being passed around among the participants of my support group. Anyone who is currently in an abusive relationship, or anyone who wants to learn about the dynamics that keep victims locked to partners who abuse them should read this book.

Love her books. The Verbally Abusive Relationship is her best book out there. This is a follow up. Worth looking through just to validate. Ties it all together.

I recommend to anyone who is currently in a relationship and are questioning leaving. So many people go thru life living in abusive situations and this book was great to help validate all of my decisions to better my life. If you are finding your self constantly making excuses for your significant other, this is a great read.

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