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



Synopsis

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

It is amazing that one book could do so much! What makes this book so extraordinary is that it is written by a survivor, so a great deal of confusing jargon is missing. Hunter gets to the core issues as to how women can change their thinking so they can get themselves out of these situations. The sad part is that so many women are in these situations and DON'T even realize it. They have come to think that how they are treated is normal behavior. However, when you start reading some of the excuses women use to stay stuck you realize that these women are not women who like being mistreated, rather they are women who don't realize they ARE being mistreated, or believe that they

don't deserve better, or believe that his treatment is not that bad. Since is so wonderful that it lets you flip through the book online see some of the excuses that women use, the correct beliefs that Hunter offers, and the exercises and reflection questions that she poses at the end of each mini chapter that women could work on in order to start correcting their thinking. The good of the world DOES begin with the good of the individual. And while YOU may not be in an abusive relationship now or will never be one, you are very likely to know someone who is. Currently, statistics say that 52% of women in the US will experience physical or sexual violence in their lives. So while that is not ALL women it is more than half, and if you have sisters, girlfriends, cousins, aunts, grandmothers, mothers, godmothers, and friends you are very likely to know one that has been or might experience such abuse. This book is a great resource for the others who are watching a woman going through this situation.

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