



Angry Men And The Women Who Love Them: Breaking The Cycle Of Physical And Emotional Abuse, Paul Hegstrom, Beacon Hill Press of Kansas City, 2004, 0834121522, 9780834121522, 152 pages. From the earliest years of his marriage, Paul Hegstrom handled his problems and frustrations the only way he knew how: with fists and fury. Talking about the problem only intensified his rage. Going into the Christian ministry didn't help either, the guilt merely magnified his despair. Facing a charge of attempted murder and a prison term, Hegstrom got the wake-up call he needed. With professional help and an intense struggle with spiritual issues, he began the lengthy process of healing and recovery. Through a fascinating, yet thorough examination of the psychological components of various types of abuse, along with true examples from his own life and others, Hegstrom points the way back to wholeness and freedom. An invaluable aid for the man who batters, the woman who feels trapped, and the pastor, counselor, or friend who desperately wants to help them both, Angry Men and the Women Who Love Them offers straight answers for those willing to overcome the cycle of violence. The revised and updated edition includes a new chapter that discusses the physiological and psychological changes in the brain when abuse occurs..

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Why Great Men Fall 15 Winning Strategies to Rise Above it All, Wayde Goodall, Jul 1, 2005, Business & Economics, 160 pages. Your head sits heavily in your hands as the last employee turns out the last light and goes home for the night, leaving you alone in the dark with your failure and desperation

Bold Love The Courageous Practice of Life's Ultimate Influence, Dr Dan B Allender, Pllc, Dr Tremper Longman, III, 1992, Religion, 320 pages. The kind of love modeled by Jesus Christ had nothing to do with unconditional acceptance or manners. Learn to love others with a bold love..

Growing Through Divorce , Jim Smoke, Aug 1, 2007, Family & Relationships, 256 pages. "Growing Through Divorce is one of the most practical, insightful, and helpful books available today." H. Norman Wright More than 600,000 copies sold! Now with a brand-new

The Betrayal Bond Breaking Free of Exploitive Relationships, Patrick Carnes, 1997, Family & Relationships, 249 pages. Offers exercises and advice on breaking the cycle of trauma and overcoming the crippling effects of abusive relationships.

Battered into submission the tragedy of wife abuse in the Christian home, James Alsdurf, Phyllis Alsdurf, 1989, Family & Relationships, 168 pages. Jim and Phyllis Alsdurf speculate on the question of wife abuse in Christian homes and hint at the influence of cultural and religious values that could explain their theories..

Getting Out Life Stories of Women who Left Abusive Men, Ann Goetting, 1999, Family & Relationships, 286 pages. Inspiring, real-life examples reveal what it takes for women to leave their abusers, offering hope to those seeking answers about their own abuse or that of people they love..

Wounded by Words: Healing the Invisible Scars of Emotional Abuse , Susan Titus Osborn, Karen L. Kosman, Jeenie Gordon, Feb 1, 2008, Family & Relationships, 222 pages. In Wounded by Words, the authors explore how emotional abusers isolate, disorient, and indoctrinate their victims and how their unkind words leave lasting scars. Sharing

Breaking the Cycle of Abuse How to Move Beyond Your Past to Create an Abuse-Free Future, Beverly Engel, Nov 1, 2004, Self-Help, 278 pages. Sharing her own story as well as stories from others, the author discusses the role of recovery in breaking cycles of abuse, offering hope and compassion for those who have

Romancing Your Wife , Debra White Smith, Daniel W. Smith, Jan 1, 2005, Family & Relationships, 235 pages. Debra White Smith, author of "Romancing Your Husband" (more than 75,000 copies sold), and her husband, Daniel, show husbands how to make their marriages sparkle! Exploring how

When Violence Begins at Home A Comprehensive Guide to Understanding and Ending Domestic Abuse, K. J. Wilson, Nov 1, 2005, Family & Relationships, 448 pages. "Resource for victims of abuse and their caregivers, significantly updated with guidance on everything from indicators of an abusive relationship to domestic violence

Broken Children, Grown-Up Pain Understanding The Effects Of Your Wounded Past, Paul Hegstrom, Mar 31, 2006, , 151 pages. Despair. Emotional isolation. Self-loathing. Immaturity. Abusive actions. These are just some of the damaging fragments that remain embedded within our personalities, behaviors

No visible wounds identifying nonphysical abuse of women by their men, Mary Susan Miller, 1995, , 307 pages. Describes the destructive effects of non-physical abuse, tells how to evaluate one's own relationship, and gives advice on responding to and recovering from this form of

Discovering the Mind of a Woman , Ken Nair, Leslie H. Stobbe, Nov 1, 1995, Religion, 256 pages. The author of Discovering the Heart of a Man offers unique advice for men wanting to better understand the women in their lives. Nair gives men the tools they need to learn to

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