

RECOMMENDED READING LIST

Understanding Your Batterer

Why Does He Do That? Inside the Minds of Angry and Controlling Men, by Lundy Bancroft

Daily Wisdom for Why Does He Do That? Encouragement for Women Involved with Angry and Controlling Men, by Lundy Bancroft

Batterer as a Parent: Addressing the Impact of Domestic Violence on Family Dynamics, by Jay Silverman and Lundy Bancroft

The Abusive Personality, by Donald G. Dutton

Children

Batterer as a Parent: Addressing the Impact of Domestic Violence on Family Dynamics, by Jay Silverman and Lundy Bancroft

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse, Lundy Bancroft.

Children Who See Too Much: Lessons from the Child Witness to Violence Project, Betsy Mcalister Groves

Family and Friends

To Be an Anchor in the Storm: A guide for Families and Friends of Abused Women by Susan Brewster

Family and Friends' Guide to Domestic Violence: How to Listen, Talk, and Take Action When Someone You Care About is Being Abused by Elaine Weiss

General

Police Wife: The Secret Epidemic of Police Domestic Violence, Susanna Hope & Alex Roslin

No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us by Rachel Louise Snyder

Getting Free, by Ginny NiCarthy

You Can be Free, by Ginny NiCarthy and Sue Davidson

When Love Goes Wrong: What to do when you can't do anything right. Strategies for women with controlling partners, by Ann Jones and Susan Schechter

Invisible Wounds: A Self-Help Guide for Women in Destructive Relationships by Kay Douglas

No Visible Wounds: Identifying Nonphysical Abuse of Women by Their Men, Mary Susan Miller

The Verbally Abusive Relationship: How to recognize it and how to respond, by Patricia Evans

It's My Life Now: Starting Over: After an Abusive Relationship or Domestic Violence by Meg Kennedy Dugan, Roger R Hock

What to Do When Love Turns Violent: A Practical Resource for Women in Abusive Relationships, Marian Betancourt

Surviving Domestic Violence: Voices of Women Who Broke Free, Elaine Weiss

"Not to People Like Us: Hidden Abuse in Upscale Marriages, Susan Weitzman

The Gift of Fear: Survival Signals that Protect Us from Violence by Gavin DeBecker

Next Time She'll be Dead: Battering and How to Survive It by Anne Jones

LGBT

Violence in Gay and Lesbian Domestic Partnerships, Clair Renzetti and Charles Miley

Men Who Beat the Men Who Love Them: Battered Gay Men and Domestic Violence by David Island and Patrick Letellier

Naming the Violence: Speaking Out About Lesbian Battering by Kerry Lobel

Intimate Betrayal: Domestic Violence in Lesbian Relationships, Ellyn Kaschak

Violent Betrayal: Partner Abuse in Lesbian Relationships, Claire Renzetti

Intimate Partner Sexual Assault

Wife Rape: Understanding the Response of Survivors and Service Providers, Raquel Kennedy Bergen.

Against Our Will: Men, Women, and Rape, Susan Brownmiller

Rape in Marriage, Diana E.H. Russell

I Never Called It Rape by Robin Warshaw

Mental Health

Trauma & Recovery: The Aftermath of Violence-from Domestic Abuse to Political Terror, Judith Herman

Healing the Trauma of Domestic Violence: A workbook for Women, Edward Kubany, Mari McCaig, & Janet Laconsay

I Can't Get Over It: A Handbook for Trauma Survivors by Aphrodite Matsakis

The Rape and Recovery Handbook: Step by Step Help for Survivors of Sexual Assault by Aphrodite Matsakis, PH.D.

Religion

Keeping the Faith: Guidance for Christian Women Facing Abuse, Marie Fortune

Forgiveness and Abuse: Jewish and Christian Reflections, Marie Fortune

Healing & Wholeness: A Resource Guide for Domestic Abuse in the Jewish Community, D. Gardsbane.

Violence in Families: What Every Christian Needs to Know, Al Miles and Marie Fortune

Self-Help

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse, Lundy Bancroft

What to Do When Love Turns Violent: A Practical Resource for Women in Abusive Relationships, Marian Betancourt

Growing Free: A manual for survivors for Domestic Violence, Wendy Deaton and Michael Hertica

Healing the Trauma of Domestic Violence: A workbook for Women, Edward Kubany, Mari McCaig, & Janet Laconsay

When Love Goes Wrong: What to do when you can't do anything right. Strategies for women with controlling partners, by Ann Jones and Susan Schechter

The Verbally Abusive Relationship: how to Recognize It and How to Respond, Patricia Evans

Getting Free: A Handbook For Women In Abusive Relationships, Ginny Nicarchy

Getting Free: You Can End Abuse and Take Back Your Life, Ginny Nicarchy.

The Relaxation & Stress Reduction Workbook: Fourth Edition by Martha Davis, Ph.D., Elizabeth Robbins Eshelman, M.S.W. and Mathew McKay, Ph.D.

Stalking

Surviving a Stalker: Everything You Need to Know to Keep Yourself Safe by Linden Gross and Gavin DeBecker

How to Stop a Stalker, Mike Proctor.

Stalking: A Handbook for Victims, Emily Spence-Diehl

Women of Color

Chain Chain Change: For Black Women in Abusive Relationships by Evelyn C. White

Violence in the Lives of Black Women: Battered Black and Blue, Carolyn West

Behind Closed Doors: Domestic Violence in India, Rinki Bhattacharya

Breaking the Silence: Domestic Violence in the South Asian Community, Sandhya Nakani

Mejor sola que mal acompañada: para la mujer golpeada/ For Latina in an Abusive Relationship (edición bilingüe) by Myrna M. Zambrano

Life After Abuse

Healing the Trauma of Domestic Violence: A Workbook for Women, Mari McCaig & Edward S. Kubany

It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence, Meg Kennedy Dugan & Roger R. Hock

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, Brené Brown

When Things Fall Apart: Heart Advice for Difficult Times, Pema Chödrön

I Thought it Was Just Me, Brené Brown