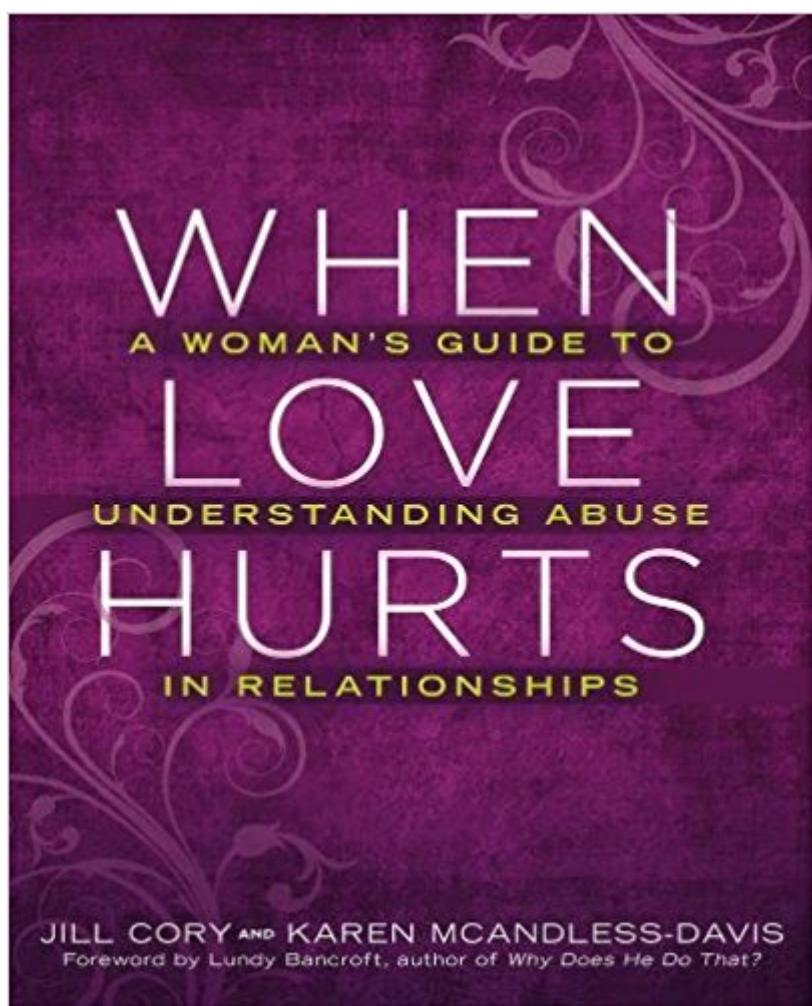


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# When Love Hurts: A Woman's Guide To Understanding Abuse In Relationships



## Synopsis

“Every woman who is struggling to understand the mistreatment she is experiencing in her relationship should begin by reading [this] wonderful book.” Lundy Bancroft, author of *Why Does He Do That?* What do you do when the one you love hurts you? Have you been searching for answers to difficult questions about your relationship? Do you feel confused about why your partner seems loving one moment and angry the next? Summoning the courage to ask these challenging questions can seem daunting. You know something is wrong in your relationship, but you are not sure what. If you are beginning to wonder if you are experiencing abuse, this book can offer you support, information, and, most of all, hope as you look for answers. Written by two women with a wealth of experience supporting victims of abuse, *When Love Hurts* introduces exercises and resources to help you make sense of your relationship, addressing all forms of abuse, including verbal, emotional, financial, sexual, and physical. This practical guidebook is a supportive and nonjudgmental friend to those who don’t know where to turn and is filled with stories from women who have been in the same position. By drawing on your own wisdom and that of the many others who have shared your experience, *When Love Hurts* can help you find the answers you have been looking for.

## Book Information

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## Customer Reviews

“Every woman who is struggling to understand the mistreatment she is experiencing in her relationship should begin by reading the wonderful book *When Love Hurts*. In these pages she will find the strength, validation, and insight she needs to reclaim her life and return it to its rightful

ownerâ€”her.â€•Lundy Bancroft, author of *Why Does He Do That?* â€“This is an excellent resource, not only for women to use on their own, but also for counselors and advocates.â€•Dr. Mary Russell, Professor of Social Work, University of British Columbia, Canada â€“I give a copy of *When Love Hurts* to every one of my clients. They all find it profoundly helpful. The book rings true. The authors show a deep and comprehensive understanding of what it is to live with abuse. Women say to me, â€œThis is my story! Only the names are different. How did they know?!â€„çâ€•Daphne Wilson, Woman Abuse Support Worker, Powell River, B.C. â€“When Love Hurts is a great resource for any woman who is tired of taking the blame for a painful relationship. If you wonder why the man you love is hurting youâ€•and what you can do about itâ€•this book will give you all kinds of useful information and strategies for changing your life. Just as importantly, it makes it clear that you are not responsible for his abusive behavior.â€•â€•Jackson Katz, author of *The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help*

Contrary to popular opinion, women who live with abuse are not helpless, weak or confused. In fact, they invariably demonstrate great strength and wisdom as they cope with abuse. Friends, family and even professionals all too often subtly blame the victim and suggest simple and naïfÂ ve solutions. *When Love Hurts* takes a different approach. And it's an approach that works. The authors have helped hundreds of women discover their own courage and insight. Their premise is simple: when it comes to their own lives, women themselves are the experts. The book is unique in the field because it doesn't assume that a woman must leave an abusive relationship. While acknowledging that leaving may be best for many women, it leaves the decision firmly in the hands of women themselves. In a field dominated by books and experts that tell women what to do, *When Love Hurts* tells women what they're already doing right and helps them learn to trust their own judgment. *When Love Hurts* is also unique because it makes cutting-edge research and counseling techniques accessible to ordinary readers. Jill Cory and Karen McAndless-Davis have a combined 21 years of experience working with women who have experienced abuse. In *When Love Hurts*, they bring together ground-breaking research and poignant personal accounts to help women reflect on their experiences from a new perspective. They help women unlock their own wisdom and see the strength and courage they already have. Jill Cory is the Domestic Violence Response Coordinator at Women's Hospital in Vancouver, B.C. She pioneered a "women-centered" approach in her research and work with women. Karen is herself a survivor of abuse and she is the Director of Connections, an agency which provides individual and group counseling for women who have

experienced abuse. More than anything, women who live with abuse need to know that they are not alone, that they aren't weak or crazy, and they don't cause the abuse. They are already doing a great deal to protect themselves and their children. While they cannot change their partners' behaviour, they can develop confidence in their own wisdom and courage, and discover new hope for the future. When Love Hurts will help them do that. --This text refers to an out of print or unavailable edition of this title.

It wasn't until near the end of my 17 year marriage that I realized I had been afraid of him for a very long time and reached out for help. This book helped me understand that it didn't matter what I did or didn't do to 'fix' myself or him, because it was his behavior and choices that were at the center of everything I experienced. Ladies (and gentlemen), he doesn't have to hit you to beat you down. This understanding lifted a burden of guilt, not feeling good enough, and self-doubts I carried for years, and gave me understanding of the unhealthy way he views himself and women. The book guides you to reflect upon your experiences, the evidence of his behavior while ignoring what he says, and evaluate your own situation so you can decide what steps to take to build a support network for yourself. It's a little over a hundred pages and is a quick read, but worthy of deep study. I underlined many relevant passages. If you, too, wonder what drives the crazy, unpredictable, ever-changing behavior of your husband, give this book a read.

I bought this book shortly after ending a relationship with an emotionally abusive partner. It sort of stung to read this book because it was nearly everything that I went through in that relationship and I was in denial about it. To see it in plain writing made me uneasy as I had to face the fact that I was indeed in an abusive relationship.

Great book

Bought as a gift

He'll change, It's only a phase, He only does it because he loves me - the words of so many women in abusive relationships. Why do so many women stay in them, even when the abuse gets flat out criminal, why do so many continue this behavior- viewed as completely irrational by the people looking into the relationship from the outside? "When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships" is an exploration of this baffling question to help women -

What's wrong, Why does it happen, Am I at fault, Why do I stay, among others - and invaluable advice to help get out of these terrible situations that no one deserves to be in. Highly recommended to women who feel they are in this predicament, and community library collections on women's studies.

"When Love Hurts" is an easy to read book that outlines all the types of abuse and why abusive men act the way they do. From this book, I was able to make sense of the relationship that I was in. This book provided the knowledge for me to be able to leave my abusive partner, it also provided me with the tools necessary to gain control of MY life and to rebuild and get healthy. Literally, this book saved my life.

It was easy reading, self explanatory, contained simple language, and was effectively descriptive.

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