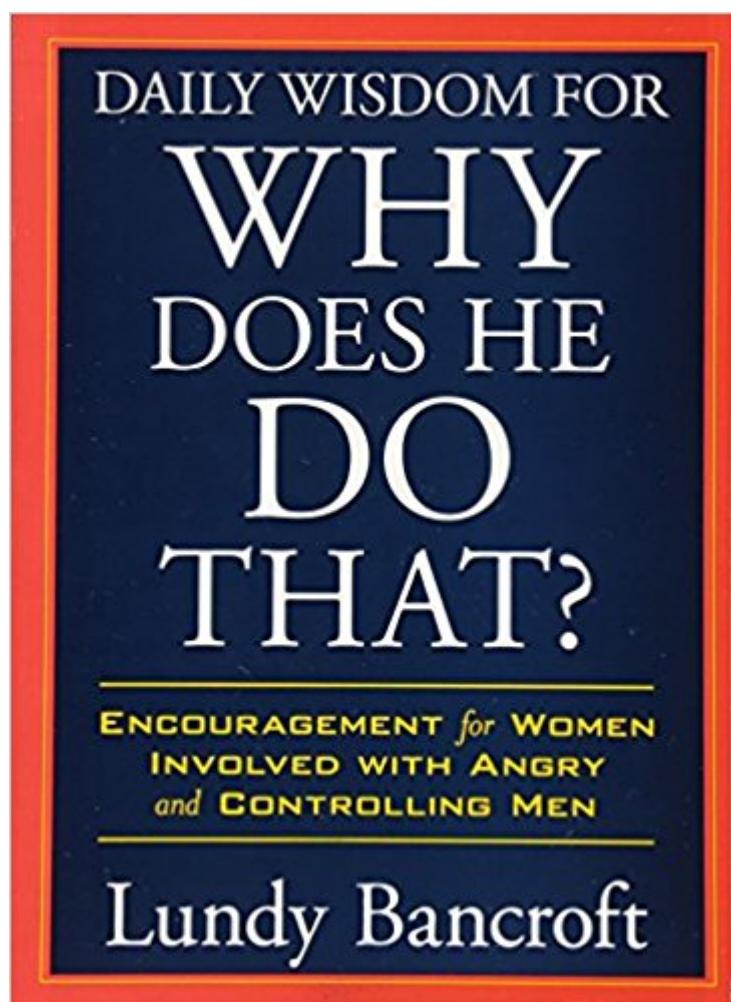


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# Daily Wisdom For Why Does He Do That?: Encouragement For Women Involved With Angry And Controlling Men



## Synopsis

Lundy Bancroft expands on his bestseller *Why Does He Do That?* in this daily guide that empowers women who are suffering in abusive relationships. Even if you've read *Why Does He Do That?*, it may be hard to see the truth of what is happening to you. You may feel overwhelmed by confusion, loss, and fear, and find yourself looking away from the truth and falling back into traumatic patterns. What you need is something that is there for you every day—to help you make a long series of little changes that will ultimately add up to a big one. Like a constant friend, this collection of meditations is a source of strength and reassurance designed to speak to women like you, women in relationships with angry and controlling men. It is a tool you can use to learn how to value and respect yourself—even when your partner makes it very clear that he does not. With seven themes designed to encourage and inspire, *Daily Wisdom for Why Does He Do That?* will help you digest what is happening one day at a time, so that you can gain clarity, safety, and freedom. You will see the truth in your destructive relationship. You and your children will survive. And—with these encouragements—even tomorrow will be a better day than today.

## Book Information

Series: *Why Does He Do That?*

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Best Sellers Rank: #26,338 in Books (See Top 100 in Books) #16 in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #57 in Books > Politics & Social Sciences > Social Sciences > Violence in Society #59 in Books > Self-Help > Abuse

## Customer Reviews

Praise for *Why Does He Do That?*—“Bancroft has opened a window into the thinking of abusive men, and his book helps open a door out of abusive relationships.”—Gavin de Becker, New York Times bestselling author of *The Gift of Fear* and *Fear Less*—“This is

without a doubt the most informative and useful book yet written on the subject of abusive men.â• Jay G. Silverman, PhD, director, Violence Prevention Programs, Harvard School of Public Healthâ• Jargon-free analysis is frequently broken up by interesting first-person accounts and boxes that distill in-depth information into simple checklists. Bancroftâ•s book promises to be a beacon of calm for many storm-tossed families.â• Publishers Weeklyâ• Bancroft boldly asksâ• and brilliantly answersâ• the most important questions of all: Why do so many men abuse women? What can be done about it? This book is desperately needed and long overdue.â• Jackson Katz, creator of the award-winning video *Tough Guise: Violence, Media and the Crisis in Masculinity*â• This is essential reading for those in the helping professions and highly recommended.â• Library Journalâ• At lastâ• the straight scoop on men who abuse women. This is a book not just for abused women and domestic violence professionals, but for everyone who wonders why thereâ•s so much violence in America. Read it.â• Ann Jones, author of *When Love Goes Wrong* and *Next Time, Sheâ•ll Be Dead*â• Bancroft helps women who feel trapped in unhealthy relationships make sense out of what is happening.â• Sarah Buel, JD, codirector, Domestic Violence Clinic, and lecturer, University of Texas Law Schoolâ• A compelling read about a tough topic. What you read here will come back to you long after you put the book down.â• Angela Browne, author of *When Battered Women Kill*â• An informative and necessary read.â• Susan Weitzman, PhD, author of *Not to People Like Us: Hidden Abuse in Upscale Marriages* Â

Lundy Bancroft has over twenty-five years of experience in the fields of abuse, trauma, and recovery. He has published five books, including the bestsellerâ• *Why Does He Do That?*, *Daily Wisdom for Why Does He Do That?*, *When Dad Hurts Mom*, *The Batterer as Parent*, and *Should I Stay or Should I Go?*.Â Lundy has worked with over 1000 abusive men in his counseling groups. He has also served extensively as a custody evaluator, child abuse investigator, and expert witness, and has presented to 350 audiences across the U.S. and abroad.

As with the first book I ever read by author Lundy Bancroft, (*Why Does He Do That?*), this daily view and read is stunning in so many ways. I enjoy the learning experience, that is for sure! Every woman should read this book... every Family Practice attorney should read this book, in fact, every Judge that oversees a case involving an abused spouse SHOULD read this book!

I have to deal with a man who is controlling and abusive for the next seventeen years because we share a child. This book has been very helpful in reminding me not to get caught up in the smoke and mirrors he uses to try and break me down, not to go back during the "nice" part of the cycle because it's just a game for him, and how to make sure my child isn't damaged by his inability to love. When someone devotes all of their mental energy trying to tear you down, steal your joy, and make you question everything because you have been lied to so many times, you need to realize what they are doing and have a constant reminder that the problem is with them, not you, and you are not alone. This book does that. I also recommend the book this is a companion for, "Why Does He Do That?" which details different types of abusers and the tactics they use. Knowing who you are dealing with helps you from being blindsided because you know what to expect. There are also resources to get help.

Lundy has done it again this book is a must have ,he is brilliant and his understanding is beyond anything you will ever learn from any other professional. it is precise and the most accurate I have ever read, you will not get a better understanding than what he has written. he really should receive an reward. this book is something that all women should have, his expertise is superb!!!!

I have all of Lundy Bancroft's books and they are life changing. I am now extremely educated about my abusive spouse. After 20 years of marriage I finally had the courage to separate and seek peace for myself and my 19 year old son. I love this newest book. It is giving me tremendous confidence because I know the truth about what has been done to me, and, how hard I've tried.

Having read "Why Does He Do That?" I was hopeful this would contain more insight and support that I desperately needed. This did not disappoint. I will definitely be rereading this. Lundy Bancroft you are wonderful. Thanks so much for your wisdom and understanding. Your patience and acceptance shine through in your writing and truly moved me.

Absolute must read for anyone in an abusive relationship and who knows someone who is in such a relationship. Lundy Bancroft offers the clearest, truthful insight into why does he do that! This has cleared up all the misconceptions and confusion I have ever had.

I am so thankful for Lundy Bancroft. I first read "Why Does He Do That?" about five years ago and it

validated my thoughts about my husband and helped me stop doubting myself. I literally wanted to hug Mr. Bancroft after I read it. It was the first step for me in being able to see through the smoke and mirrors I am surrounded by. Daily Wisdom gives practical guidance and reassurance to women in abusive relationships, in a way that I have not come across in any other book. His knowledge of these types of situations is incredible. I have been amazed so many times as I read about topic after topic that I have been struggling with. I think he is the best writer on the subject and he has made a HUGE difference in my life. Anyone struggling with an abusive relationship should get this for sure!!! You will be glad you did.

If I could I would buy this book for every female living! Or anyone in an abusive relationship. This should be on everyones book shelf!

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Dating Advice for Women Book 2) Why Does E=mc2? (And Why Should We Care?) Spiritual Refreshment for Women: 365 Days of Inspiration and Encouragement (365 Perpetual Calendars) Dear Friend: Letters of Encouragement, Humor, and Love for Women with Breast Cancer Bringing Up Girls: Practical Advice and Encouragement for Those Shaping the Next Generation of Women

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