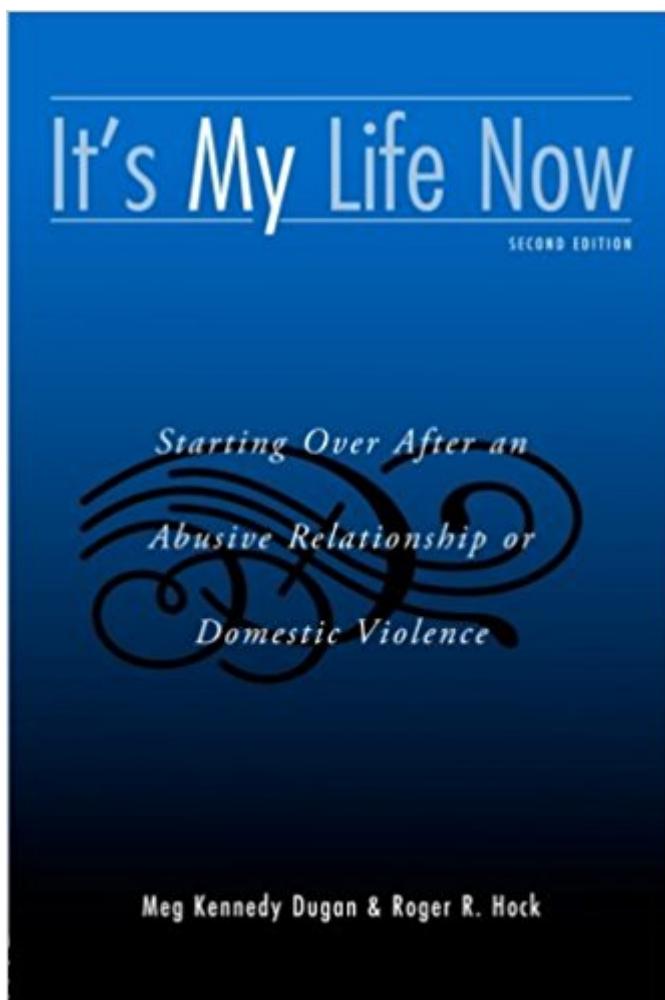


The book was found

It's My Life Now: Starting Over After An Abusive Relationship Or Domestic Violence, 2nd Edition



Synopsis

Those who have never experienced an abusive or violent relationship often believe that upon finding a way out, victims' difficulties are solved: their life is good, they are safe, and recovery will be swift. However, survivors know that leaving is not the end of the nightmare -- it is the beginning of an often difficult and challenging journey toward healing and happiness. It's My Life Now offers readers the practical guidance, emotional reassurance, and psychological awareness that survivors of relationship abuse and domestic violence need to heal and reclaim their lives after leaving their abusers. Since its publication in 2000, It's My Life Now has been highly successful as a working manual for survivors who are starting their lives over after an abusive relationship. This valuable book combines direction on practical and emotional issues with worksheets and self-exploration exercises. Now, in the second edition, Dugan and Hock include updated information and resources while encompassing a wider range of individuals and the relationships in which abuse and violence occur. The new edition also provides a new emphasis on safety assessment, which has increasingly been shown to be a critical factor in recovery. In addition, this new edition includes current resources and information about organizations for victims along with revised and enhanced strategies to help survivors move forward on the path of recovery.

Book Information

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Customer Reviews

Meg Kennedy Dugan, M.A., is Director of the AmeriCorps Victim Assistance Program, a program of the New Hampshire Coalition Against Domestic and Sexual Violence. She is Chair of the Public Education Committee and Executive Committee Member of the Governor's Commission on

Domestic and Sexual Violence. She has served on numerous statewide domestic and sexual violence committees. Previously, she was Director of Counseling at New England College. She has presented widely at conferences and appeared on various television and radio programs. Roger R. Hock, Ph.D., is Director of the Psychology Program and Professor of Psychology and Human Sexuality at Mendocino College in Ukiah, California. He received his M.A. from San Diego State University and his Ph.D. from the University of California at San Diego. His books in the fields of psychology and human sexuality have been adopted at over 250 colleges and universities internationally and have been translated into several languages.

Helpful advice as I just left my abusive husband. I didn't realize how predictable these type of men can be. The author described almost exactly the type of issues that I am having now that I have left.

This book understood me and everything I went through. Its incredibly reassuring. It also reminds you to be patient with your healing. Highly recommended!

Most books emphasize current abusive relationships. This book specifically discusses life after the abuse to those fortunate enough to escape. It is an interactive book with work pages. This book is good to read independently or in exercises with a therapist. I highly recommend this book for anyone in a DV shelter or receiving DV services.

I bought this book because it was recommended in Lundy Bancroft's amazing book ("Why Does He Do That?"). If you are currently in or have ever been in an abusive relationship, this book and Mr. Bancroft's are the best. These are people who really, truly understand abuse at every level.

I knew that my relationship was unhealthy when I left, but reading this book validated, not only my decision to leave, but also my mixed feelings and struggles after the fact. I would suggest it to anyone who may think they may be in an abusive relationship.

Please get this if you're in an abusive relationship.

Be brave and read this book. It will help support your decision to grow. You are worth it. In this moment be personally responsible for your thoughts, attitude, and actions. You can do it.

I bought this book after initially buying Healing the Trauma of Domestic Violence: A workbook for women, and Why Does He Do That?: Inside the minds of angry and controlling men. The later book I found very helpful and the author highly recommended THIS book. As the other workbook wasn't really meeting all my needs I decided to give this one a try. This one is much better as it is quick and to the point, and speaks in a more simple language. The other work book I bought was helpful but a little too clinical for me. If I were to recommend any books to a woman recovering from a violent relationship I would recommend this one, and Why Does He Do That?

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