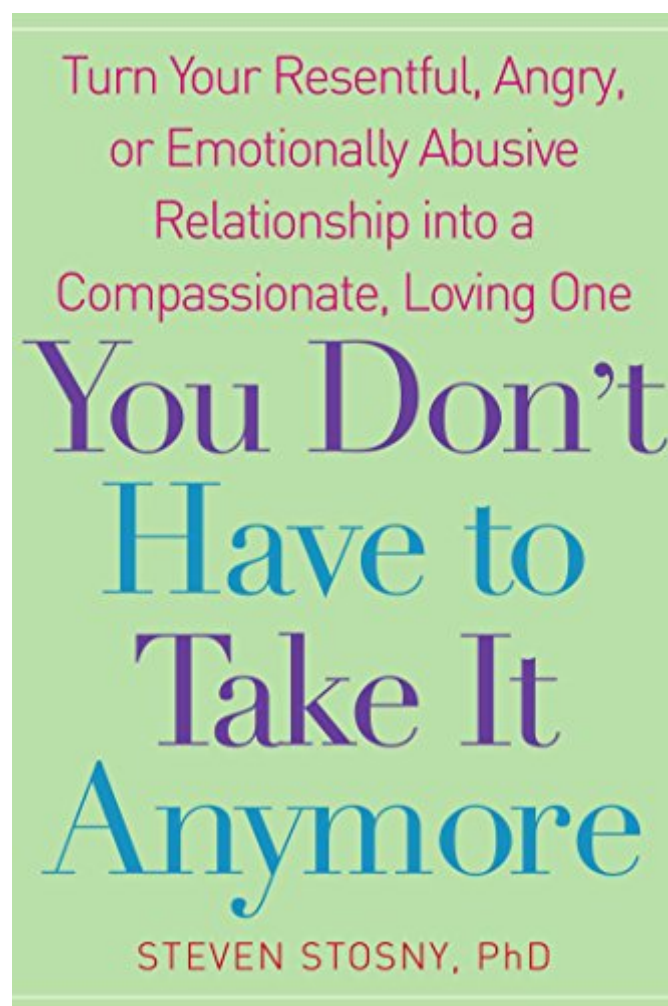




The book was found

You Don't Have To Take It Anymore: Turn Your Resentful, Angry, Or Emotionally Abusive Relationship Into A Compassionate, Loving One



Synopsis

As many as one-third of all American women tiptoe through life as if they are walking on eggshells -- at home, they spend most of their time trying to avoid criticism, anger, put-downs, or cold shoulders from their husbands or boyfriends. This verbal and emotional abuse can erupt over anything and everything, matters large and small: housework, cooking, work, spending money, buying household items and clothes for the kids, and going out. Clearly, verbal and emotional abuse is a serious problem. Relationship expert Dr. Steven Stosny has been featured on national media for the revolutionary techniques he uses in his Compassion-Power and Boot Camp programs, which help men rewire their resentment and anger, stop using emotionally abusive language and behavior, and compassionately recommit to their marriages and families. Now, in *You Don't Have to Take It Anymore*, Dr. Stosny puts his effective, highly sought-after program into print, making it widely available for the first time for women who want to stop walking on eggshells. Drawing on his seventeen years of experience treating thousands of clients, Dr. Stosny explains the many different forms a verbally and emotionally abusive relationship can take. He explains how to identify abuse and why it's important to take action to change the relationship -- for not only is verbal and emotional abuse monumentally destructive to both the adults in the relationship, it also hurts their children. Dr. Stosny shows women and men how to apply his methods at home, shows women how to get their men to change, and demonstrates how they can know if change is permanent. Additionally, Dr. Stosny's program helps women recover from the pain and abuse by practicing self-healing skills so that they can reclaim their natural sense of competence and confidence. Using language that is more compassionate and accessible than in any other book on relationship abuse -- and different tactics from most other therapies and therapists -- *You Don't Have to Take It Anymore* presents a practical program that both women and men can use to stop verbal and emotional abuse.

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Customer Reviews

This book's more recent edition is called 'Love Without Hurt'. Same book, different title. This is the most insightful, effective book on how to end abuse and save your relationship (or how to know if it is beyond saving). Other books, like the series by Patricia Evans and 'Why Does He Do That' by Lundy Bancroft, describe the problem (the Bancroft book describes the problem best). THIS book is different, it not only describes the problem, it also teaches you how to end the abuse in your relationship, and how to access the one thing that heals and frees you from continuing the cycle in other relationships. The book explains why anger and resentment will eventually destroy a relationship, and how you can save yourself, and often the relationship, before it is too late. And Stosny's workshop is even better than the book. If you can possibly take that workshop, it will help you apply what is in the book immediately. This book should be a must-read for court ordered abuser programs, it explains why they have such a low success rate (it is very low!) and how the outcome could be different. Stosny has worked with hundreds of couples and also in court-ordered programs, and if you do the work he describes, you will have success.

The overall goal of this book is to help the reader understand why things are as they are, and what is possible to change. Change comes, and frankly only comes, from the individual making changes. Others necessarily will change because the dynamic is changed. The reader will feel understood and validated, but will also be challenged. The overall focus is positive, and well explained. There is not "finger-pointing" - in contrast, there is a guide for understanding.

I think the title of the book doesn't do it justice. This is a tremendously insightful book and the information enclosed is useful for all relationships not just husband/wife relationships. I am finding that the information in the book and the exercises have enlightened me on not only my own behavior and the way that I respond to my husband's behavior but also in the way I respond to my mother, children, coworkers, friends, etc. I have found this to be the best book for the difficulties that I was facing in my marriage and also excellent for opening my eyes and my heart with all of my relationships. I can honestly say that compassion is now a part of my everyday and I am thankful for this book and the difference it has made in my life.

I hate the feminine tone and principles that tend to dominate this genre. I simply can't identify with them. This book is different. It is written in a way that is accessible to the "average" guy. No flowery language. Lots of simple and clear direction. Easy steps to follow. All things my small male brain can understand. :)

SO HELPFUL!!

Great advice from this book! I've just about done everything that the author says won't completely work. This book has gotten to the root of the underlying issues with both partners. I would definitely recommend this book to all who are experiencing domestic abuse in their marriage. I just wish that I had discovered this book 30 years ago when I began the journey to salvage my relationship with my husband.

In my desperation to understand why my relationship with my husband has been fraught with pain and anger, I have read tens of books on the subject of verbal and emotional abuse, and gender dynamics- and I have never found a book as well-researched, compassionate and practical as Stosny's. I felt like I had many epiphanies in understanding what the pattern is between my husband and I, and it helped me tremendously to see things from his point of view, and be more compassionate with him. I also learned so much about the physiology of men and women and why we respond to stimulus the way we do. I learned to be more compassionate with myself and not take things so personally. I was so inspired, that my husband and I attended Stosny's Boot Camp last year and found tremendous improvement in our relationship. Dr. Stosny has spent 25 years (I believe) studying the science behind the emotional life of men and women, and developed the most understandable and hopeful and scientific methods of retraining our brains to behave with

rationality. Abuse issues are very very hard to correct, and my husband still struggles with old habits- but overall, his and my understanding of why we do what we do, that we are behaving how we were wired to behave, and what works and doesn't- helps us tremendously to be compassionate towards ourselves and the other. This book has helped me in other relationships in my life (like with my children), to develop the ability to see things from the other person's point of view- and while I may not agree with their point of view, I can see that we are all human and deal with situations in a more constructive and powerful manner. I highly highly recommend this book to anyone struggling to understand the pain and hurt of a volatile relationship and looking for sound advice and ideas.

Remarkably clear and thoughtful formulations, applicable to a wide array of personal and relationship problems. I use the concepts and recommend the book frequently with my clients in individual and couple psychotherapy.

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