
When Dad Hurts Mom

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Hurts Mom

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When Dad Hurts Mom

Helping Your Children Heal the

Wounds of Witnessing Abuse

Penguin

Written by a therapist who specializes in abusive men, this guide reveals how abusers interact with and manipulate children—and how mothers can help their children recover from the trauma of witnessing abuse. Can my partner abuse me and still be a good parent? Should I stay with my partner for my children's sake? How should I talk to my children about the abuse and help them heal? Am I a bad mother? Mothers in physically or emotionally abusive relationships ask themselves these questions every day. Whether it's physical or "just" emotional abuse, whether it's aimed at

them or you, whether they see or hear it, your kids need you. This book, the first ever of its kind, shows mothers how to: • Protect children and help them heal emotionally • Provide love, support, and positive role models, even in the midst of abuse • Increase their chances of winning custody • Help their kids feel good about themselves "A must-read for every mother who has been abused...it offers the knowledge women need to protect their children and help them heal."—William S. Pollack, Ph.D., author of the national bestseller *Real Boys*

Helping Her Get Free

A Guide for Families

and Friends of Abused Women *Seal Press*

Almost ten years after its original publication, this groundbreaking and practical guide remains a wise, informed, and vital resource for those who want to assist a friend or loved one in her struggle to escape an abusive relationship. Susan Brewster, a longtime psychotherapist whose practice includes working with abused women and their families, recognizes that friends and family need specific tools and ideas to help them develop a relationship with their abused loved one that will ultimately benefit her, not control her. The survivor of an abusive relationship herself, Brewster teaches readers how to

recognize the signs of abuse, handle negative feelings, become an effective advocate, deal with the abuser, and more. This compassionate book is just as timely and important as ever, offering the information needed to give strength to women who are trying to break free. Helping Her Get Free was previously published as *To Be an Anchor in the Storm*.

Why Does He Do That?**Inside the Minds of Angry and Controlling Men** *Penguin*

A leading authority on abusive relationships offers women detailed guidelines on how to improve and survive an abusive relationship,

discussing various types of abusive men, analyzing societal myths surrounding abuse, and answers questions about the warning signs of abuse, how to identify abusive behavior, how to know if one is in danger, and more. Reprint.

Daily Wisdom for Why Does He Do That?

Readings to Empower and Encourage Women Involved with Angry and Controlling Men

Penguin

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.

Toxic Parents

Overcoming Their Hurtful Legacy and Reclaiming Your Life *Bantam*

BONUS: This edition contains an excerpt from Dr. Susan Forward's *Men Who Hate Women and the Women Who Love*

Them. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help

guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

The Batterer as Parent

Addressing the Impact of Domestic Violence on Family Dynamics *SAGE*

Moving beyond the narrow clinical perspective sometimes applied to viewing the emotional and developmental risks to battered children, *The Batterer as Parent:*

Addressing the Impact of Domestic Violence on Family Dynamics, Second Edition offers a view that takes into account the complex ways in which a batterer's abusive and controlling behaviors are woven into the fabric of daily life. This book is a guide for therapists, child protective workers, family and juvenile court personnel, and other human service providers in addressing the complex impact that

batterers—specifically, male batterers of a domestic partner when there are children in the household—have on family functioning. In addition to providing an understanding of batterers as parents and family members, the book also supplies clearly delineated

approaches to such practice issues as assessing risk to children (including perpetrating incest), parenting issues in child custody and visitation evaluation, and impact on children's therapeutic process and family functioning in child protective practice.

The Joyous Recovery

A New Approach to Emotional Healing and Wellness

"The Joyous Recovery : A New Approach to Emotional Healing and Wellness is a path back to yourself... Lundy Bancroft reveals where healing comes from -- including crucial pieces that current approaches to recovery are missing. You'll learn: why "self-help" so often fails, including

why fighting to improve your attitude and outlook doesn't work. Why healing doesn't need to be drudgery, and instead can be a joyful process with rapid benefits. How to harness the cyclical nature of healing to rocket your progress forward. How to tap into the power of your emotional immune system, your body's natural plan to keep you psychologically well. You'll also be introduced to the exciting power of the Peak Living Network, a peer support system that is free of charge and open to all. The Joyous Recovery is an approach to emotional healing unlike anything you've encountered before. And it works." - Back cover.

Should I Stay or Should I Go?

A Guide to Knowing if Your Relationship Can--and Should--be Saved *Penguin*

From the bestselling author of *Why Does He Do That?* comes a relationship book that will help you make the decision of whether or not your troubled relationship is worth saving. Every relationship has problems, but you can't figure out if yours is beyond hope. How bad is too bad—and can your partner really change? Now, in this warm, supportive, and straightforward guide, Lundy Bancroft and women's advocate JAC Patrissi offer a way for you to practically and realistically take stock of your relationship and move forward. If

you're involved in a chronically frustrating or unfulfilling relationship, the advice and exercises in this book will help you learn to:

- Tell the difference between a healthy—yet difficult—relationship and one that is really not working
- Recognize the signs that your partner has serious problems
- Stop waiting to see what will happen—and make your own growth the top priority
- Design a clear plan of action for you and your partner
- Navigate the waters of a relationship that's improving
- Prepare for life without your partner, even as you keep trying to make life work with them

You Can Be Free

An Easy-to-Read Handbook for Abused Women Seal Press

If you are a woman being hurt by someone you love, this book is for you. It can help you understand your situation and find ways to change it. This indispensable guide offers straightforward, sensible information on how to establish a safety plan for you and your children, as well as advice on how best to find a safer home. This new edition also includes guidance specifically for Deaf women, immigrant women, rural women, and women with disabilities. It also includes special exercises designed to help you gain self-esteem and decide what you want from a relationship. You will

find answers to such questions as: "What is emotional abuse?" "Is it ever right to break up the family?" "How can I protect my children?" "Where can I go if I leave my home?" "But I still love my partner—should I go back?" "How can I find legal help for my situation?" "How do I go about starting over and making new friends?" You will also read about women who left their abusive partners and began new lives—free of abuse. Today they have this to say: "I'm asking for what I want . . . I can make decisions on my own . . . What I like best about being away is being free."

Little Eyes, Little Ears

How Violence

Against a Mother Shapes Children as They Grow

The Glass Castle

A Memoir *Simon and Schuster*

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the

money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

Extremely Loud & Incredibly Close

Houghton Mifflin Harcourt

Oskar Schell, the nine-year-old son of a man killed in the World Trade Center attacks,

searches the five boroughs of New York City for a lock that fits a black key his father left behind.

In Custody

A Carrie Green Novel

A mother and daughter disappear in the midst of a custody dispute, leaving behind indications that they left on purpose -- and that they didn't. A young journalism intern, Carrie Green, gets caught up in trying to find out what's happened to them. She astounds her editor by developing a rapport with the father of the missing girl even though no one else can stand him. Then she and her boyfriend infiltrate two opposing illegal networks, both of which seem to be

connected to the case. And suddenly it starts to dawn on the young reporter that she's been believing all the wrong people...

It's My Life Now

Starting Over After an Abusive Relationship

Routledge

Now in its third edition, *It's My Life Now* is a guide for survivors who have left an abusive relationship. It addresses—in clear, non-threatening language—various issues associated with abuse and violence, including post-relationship emotions, psychological impact, dealing with children, personal safety, legal problems, and financial security. Each chapter dismantles common myths about being in

and leaving an abusive relationship and contains activities for self-exploration that survivors can complete as they navigate a new life free from abuse. Recommended by the National Coalition of Domestic Violence, this book is designed to benefit any survivor, no matter how much time has passed.

Somebody's Daughter

A Memoir *Flatiron Books: An Oprah Book*
 INSTANT NEW YORK
 TIMES BESTSELLER
 NBCC John Leonard
 Prize Finalist “This is a
 book people will be
 talking about forever.”
 —Glennon Doyle, #1
 New York Times
 bestselling author of
Untamed “Ford’s
 wrenchingly brilliant
 memoir is truly a

classic in the making. The writing is so richly observed and so suffused with love and yearning that I kept forgetting to breathe while reading it.”
 —John Green, #1 New
 York Times bestselling
 author One of the most
 prominent voices of
 her generation debuts
 with an extraordinarily
 powerful memoir: the
 story of a childhood
 defined by the looming
 absence of her
 incarcerated father.
 Through poverty,
 adolescence, and a
 fraught relationship
 with her mother,
 Ashley C. Ford wishes
 she could turn to her
 father for hope and
 encouragement. There
 are just a few
 problems: he’s in
 prison, and she doesn’t
 know what he did to
 end up there. She
 doesn’t know how to

deal with the incessant worries that keep her up at night, or how to handle the changes in her body that draw unwanted attention from men. In her search for unconditional love, Ashley begins dating a boy her mother hates. When the relationship turns sour, he assaults her. Still reeling from the rape, which she keeps secret from her family, Ashley desperately searches for meaning in the chaos. Then, her grandmother reveals the truth about her father's incarceration . . . and Ashley's entire world is turned upside down. Somebody's Daughter steps into the world of growing up a poor Black girl in Indiana with a family fragmented by incarceration,

exploring how isolating and complex such a childhood can be. As Ashley battles her body and her environment, she embarks on a powerful journey to find the threads between who she is and what she was born into, and the complicated familial love that often binds them.

Crazy Love *Macmillan*
 Recounts the author's marriage to a man she subsequently discovered had been brutally abused as a child, her terror in the face of his escalating attacks on her, and her efforts to escape the marriage when she realized that her husband might kill her.

Mom's House, Dad's House *Simon and Schuster*

Internationally renowned therapist, family expert and mediator Isolina Ricci, Ph.D. presents this definitive and newly updated guide to divorce and making shared custody work for parents and children. The ground-breaking classic, *Mom's House, Dad's House*, has become the standard for two generations of divorcing parents, and includes examples, self-tests, checklists, tools, and guidelines to help separated moms and dads with the legal, emotional, and financial issues they will encounter as they work to create happy and stable homes. This comprehensive guide looks anew at the needs of all family members with creative options and common-

sense advice, including: * The map to a "decent divorce" and two happy homes * Helping children of divorce with age-specific advice * Negotiating Parental Agreements and custody arrangements * Breaking away from "negative intimacy" with a difficult ex-husband or ex-wife * Sidestepping destructive myths about divorce (and marriage) * Handling long-distance parenting and parenting alone With *Mom's House, Dad's House*, parents will learn how to help their children heal and find a sense of continuity, security, and stability throughout the divorce process and in any custody situation.

Breaking the Cycle

of Abuse

How to Move Beyond Your Past to Create an Abuse-Free Future *John Wiley & Sons*

"A beacon of hope for women and men who fear that they will pass the abuse they have suffered on to their children, partners, or employees. Humane and compassionate but also clear and down to earth, this is a wonderful contribution to the literature on healing." --Lundy Bancroft, author of *When Dad Hurts Mom* and *Why Does He Do That?* "In this remarkably powerful, wise, and compassionate book, Beverly Engel leads readers step by step through a program that will help survivors of emotional, physical, or

sexual abuse in childhood to heal from their wounds so they don't need to re-enact their abusive pasts. She offers expert advice and strategies to help parents and would-be parents avoid doing to their children what was done to them and helps both abusers and victims in emotionally and physically abusive relationships make vitally important changes in their relationships." --Susan Forward, Ph.D., author of *Toxic Parents* and *Emotional Blackmail* If you were emotionally, physically, or sexually abused as a child or adolescent, or if you experienced neglect or abandonment, it isn't a question of whether you will continue the cycle of abuse but rather a question of

how--whether you will become an abuser or continue to be a victim. In this breakthrough book, Beverly Engel, a leading expert on emotional and sexual abuse, explains how to stop the cycle of abuse once and for all. Her step-by-step program provides the necessary skills for gaining control over emotions, changing negative attitudes, learning healthy ways of communicating, healing the damage from prior abuse, and seeking out support. Throughout, Engel shares many dramatic personal stories including her own experiences with abusive behavior. *Breaking the Cycle of Abuse* gives you the power to shatter abusive patterns for good and offers a

legacy of hope and healing for you and your family.

**Joey Pigza
Swallowed the Key**
Macmillan

To the constant disappointment of his mother and his teachers, Joey has trouble paying attention or controlling his mood swings when his prescription medications wear off and he starts getting worked up and acting wired.

Invisible Wounds

**A Guide for Women
in Abusive
Relationships**

From her own personal and professional journey, Kay Douglas has written a powerful and compassionate guide for women who find themselves in an

abusive relationship, or are recovering from one. *Invisible Wounds* will help New Zealand women to identify abuse in their intimate relationships, realise its impact on themselves and their children, and to make changes. A new updated version of a much loved book. Since it was first published *Invisible Wounds* has helped thousands of New Zealand women. Moving and inspiring quotes are included throughout *Invisible Wounds* from the stories of 50 New Zealand women who have lived through abusive relationships. Includes sections for family and friends and counsellors. Foreword written by Stephanie Dowrick, and endorsed by several well-known

therapists and authors who specialise in this field, including Lundy Bancroft.

Writings in the Sand
Createspace
Independent Publishing Platform

Most people would assume there must be something wrong with a mother who loses custody. That's because the public is largely unaware of research that proves family courts get a large majority of abuse cases dangerously wrong. Most cases are settled more or less amicably so the problem is the 3.8% of cases that require trial and often much more. A large majority involve domestic violence in which the worst abusers manipulate courts to regain control when

their victims try to leave. The courts developed practices to respond to domestic violence in the 1970s at a time when no research was available. Subsequent research establishes that most of the standard practices work poorly for children. Many professionals benefit financially from the outdated practices and courts have been reluctant to examine long-time practices for fear of admitting how many children they have harmed. Scientific research is now clear that standard practices tilt courts towards disbelieving and minimizing true reports of abuse. The failure to integrate current research makes it hard for judges to protect children and a recent U.S. Department of

Justice study demonstrates the courts are getting a large majority of abuse cases wrong. In this book, Ruth Collins illustrates how these failures impact real people. I hope the knowledge will make it intolerable for the public to look away while family courts allow abusers to destroy so many lives. ~Barry Goldstein, domestic violence author, speaker, and advocate There is a special beauty and importance to relationships between mothers and their children; there is a special and extraordinary cruelty in the abusive man who attempts to break or weaken the mother-child bond, whether by turning children against their mother,

by harming the children physically, sexually or psychologically, or by attempting to take custody of the children away from her. Protective mothers are some of our society's most invisible and most important heroes, even while they are treated so often, in a bitter irony, as villains. ~Lundy Bancroft, domestic violence expert, author, and advocate

Talking about Domestic Abuse

A Photo Activity Workbook to Develop Communication Between Mothers and Young People

Jessica Kingsley Publishers

Talking about Domestic Abuse is an activity

pack for children of nine years and above and adolescents where families have experienced domestic abuse, to help and encourage them to open up to their mothers about their distressing experiences. Based on the authors' work with families who have experienced domestic abuse, the activities are designed around four important themes: building self-esteem; naming feelings; facilitating communication between mothers and children; and talking about personal experiences, including domestic violence, and are accompanied by photographs which act as prompts for discussion. The authors explain the need of young people to

communicate with their parents about painful memories. They also establish practical 'ground rules' on how mothers can enter into that communication successfully and how to make the most of the activities provided. Further information is also given on support services that are available to families coping with domestic abuse. This will be an essential tool for families including young people who have lived through domestic abuse, as well as social workers and other professionals working with them.

When Your Child Breaks Your Heart

Help for Hurting Moms *Revell*

Beloved author Barbara Johnson offers

hope to families facing difficulty coming to terms with a child's decisions in life, sharing how God brought her through the deep waters--and how he will do the same for them.

The Emotionally Destructive Relationship

Seeing It, Stopping It, Surviving It *Harvest House Publishers*

Leslie Vernick, counselor and social worker, has witnessed the devastating effects of emotional abuse. Many, including many in the church, have not addressed this form of destruction in families and relationships because it is difficult to talk about. With godly guidance and practical experience, Vernick

offers an empathetic approach to recognizing an emotionally destructive relationship and addresses the symptoms and the damage with biblical tools. Readers will understand how to: Reveal behaviors that are meant to control, punish, and hurt Confront and speak truth when the timing is right Determine when to keep trying, when to get out Get safe and stay safe Build an identity in Christ This practical and thorough resource will help countless individuals, families, and churches view abuse from God's perspective and understand how vital it is for victims to embrace His freedom from the physical, emotional, spiritual,

and generational effects of emotionally destructive relationships.

The Night Dad Went to Jail

What to Expect When Someone You Love Goes to Jail *Capstone*

"When someone you love goes to jail, you might feel lost, scared, and even mad. What do you do? No matter who your loved one is, this story can help you through the tough times."--from cover, p. [4]

The Emotionally Absent Mother, Updated and Expanded Second Edition

How to Recognize and Heal the Invisible Effects of

Childhood Emotional Neglect

The Experiment

The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects.

Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this

second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

Daughter Detox

Recovering from an Unloving Mother and Reclaiming Your Life

A self-help book based in science, the result of more than a decade of research, *Daughter Detox* offers the

daughters of unloving mothers vital information, guidance, and real strategies for healing from childhood experiences, and building genuine self-esteem. Writer Peg Streep lays out seven distinct but interconnected stages on the path to reclaim your life from the effects of a toxic childhood: DISCOVERY, DISCERNMENT, DISTINGUISH, DISARM, RECLAIM, REDIRECT, and RECOVER. Each step is clearly explained, and richly detailed with the stories of other women, approaches drawn from psychology and other disciplines, and unique exercises. The book will help the reader tackle her own self-doubt and become consciously aware of how her mother's treatment continues to shape her behavior, even today. The message of the book is direct: What you experienced in childhood need not continue to hold you back in life. What was learned can be unlearned with effort. The book begins with DISCOVERY, opening up the reader's understanding of how she has been wounded and influenced by her mother's treatment. Recognizing the eight toxic maternal behaviors-dismissive, controlling, emotionally unavailable, unreliable, self-involved or narcissistic, combative, enmeshed, or role-reversed-lays the foundation for the daughter's awareness of how her way of looking at the world, connecting to others,

and ability to manage stress were affected. DISCERNMENT delves into the patterns of relationship in her family of origin and how they played a part in her development, and then shifts to looking closely at how the daughter adapted to her treatment, either silencing or losing her true self in the process. Next up is DISTINGUISH, seeing how the behavioral patterns we learned in childhood animate all of our relationships in the present with lovers and spouses, relatives, friends, neighbors, and colleagues. The act of distinguishing allows us to see why so many of us end up in unsatisfying relationships, chose the wrong partners, or are unable to develop close friendships.

Active recovery begins with DISARM as the daughter learns how to disconnect unconscious patterns of reaction and behavior and substitute actions that will foster the growth of self-esteem. Understanding the triggers that set us off, the cues that put us on the defensive, and the default positions of blaming ourselves and making excuses for other people's toxic behavior are addressed, as are unhealthy behaviors such as rumination, rejection sensitivity, and more. RECLAIM is the stage at which the reader begins to actively make new choices, preparing herself so that she can live the life she desires by seeing herself as having agency and

being empowered. Making new choices and figuring out how to manage her relationship to her unloving or toxic mother is the focus of REDIRECT. There are stories to inspire and challenge your thinking, exercises that show you how to swap out self-criticism for self-compassion, guidance on how to use journaling as a tool of self-discovery and growth, and advice on goal setting. Finally, RECOVER challenges the reader to come up with a new definition of what it means to heal, suggests tools to overcome the obstacles she places in her own way, and strategies to become the best, most authentic version of herself.

Your Three-Year-Old

Friend or Enemy *Dell*

A three-year-old is a real puzzle to parents, sometimes anxious to please and befriend, sometimes strong-willed and difficult to get along with. At the heart of the three-year-old's personality is often an emotional insecurity—and this causes a host of problems for parents! Drs. Ames and Ilg, recognized authorities on child behavior and development, help parents understand what's going on inside that three-year-old head, what problems children have, and how to cope with the toddler who is sometimes friend, sometimes enemy. Included in this book: • Jealousy of a new sibling • Toilet training

- How to improve a child's eating habits •
- Friendships with peers •
- Common fears •
- Developing language skills •
- Nursery school •
- Books for parents and three-year-olds

"Louise Bates Ames and her colleagues synthesize a lifetime of observation of children, consultation, and discussion with parents. These books will help parents to better understand their children and will guide them through the fascinating and sometimes trying experiences of modern parenthood."—Donald J. Cohen, M.D., Director, Yale Child Study Center, Irving B. Harris Professor of Child Psychiatry, Pediatrics, and Psychology, Yale School of Medicine

How to Co-Parent with an Abusive Ex and Keep Your Sanity *Createspace Independent Publishing Platform*

Despite the growing intolerance of domestic violence in our society, family courts around the world are granting abusers shared custody of their children with their victims. This growing trend is empowering abuser to gain back the power and control they once had over their victims in their union by using the children as the object of coercion. Ninety percent of victims who have left their abusive relationship are now co-parenting with abuser and suffering emotional trauma all over again. Until family court judges stop this practice, this book

hopes to inspire victims to find their way through this rocky terrain as best they can and stay sane in the process. This book is the experience of one woman's journey in co-parenting with her abuser.

Peaceful Parent, Happy Kids

How to Stop Yelling and Start Connecting *Penguin*

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates

real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You're about to discover the practical tools you need to transform your parenting in a positive,

proven way.

License to Parent

How My Career As a Spy Helped Me Raise Resourceful, Self-Sufficient Kids

Penguin

"If Mr. and Mrs. Smith had kids and wrote a parenting book, this is what you'd get: a practical guide for how to utilize key spy tactics to teach kids important life skills--from self-defense to effective communication to conflict resolution." -- Working Mother Christina was a single, successful CIA analyst with a burgeoning career in espionage when she met fellow spy, Ryan, a hotshot field operative who turned her world upside down. They fell in love, married, and

soon they were raising three children from his first marriage, and later, two more of their own. Christina knew right away that there was something special about the way Ryan was parenting his kids, although she had to admit their obsession with surviving end-of-world scenarios and their ability to do everything from archery to motorcycle riding initially gave her pause. More than that, Ryan's kids were much more security savvy than most adults she knew. She soon realized he was using his CIA training and field experience in his day-to-day child-rearing. And why shouldn't he? The CIA trains its employees to be equipped to deal with just about anything. Shouldn't

parents strive to do the same for their kids? As Christina grew into her new role as a stepmom and later gave birth to their two children, she got on board with Ryan's unique parenting style--and even helped shape it using her own experiences at the CIA. Told through honest and relatable parenting anecdotes, Christina shares their distinctive approach to raising confident, security-conscious, resilient children, giving practical takeaways rooted in CIA tradecraft along the way. *License to Parent* aims to provide parents with the tools necessary to raise savvy, well-rounded kids who have the skills necessary to navigate through life.

Touching Spirit Bear

Harper Collins

In his Nautilus Award-winning classic *Touching Spirit Bear*, author Ben Mikaelson delivers a powerful coming-of-age story of a boy who must overcome the effects that violence has had on his life. After severely injuring Peter Driscoll in an empty parking lot, mischief-maker Cole Matthews is in major trouble. But instead of jail time, Cole is given another option: attend Circle Justice, an alternative program that sends juvenile offenders to a remote Alaskan Island to focus on changing their ways. Desperate to avoid prison, Cole fakes humility and agrees to go. While there, Cole is mauled by a mysterious white bear and left for dead. Thoughts of his

abusive parents, helpless Peter, and his own anger cause him to examine his actions and seek redemption—from the spirit bear that attacked him, from his victims, and, most importantly, from himself. Ben Mikaelson paints a vivid picture of a juvenile offender, examining the roots of his anger without absolving him of responsibility for his actions, and questioning a society in which angry people make victims of their peers and communities. *Touching Spirit Bear* is a poignant testimonial to the power of a pain that can destroy, or lead to healing. A strong choice for independent reading, sharing in the classroom,

homeschooling, and book groups.

Love What Matters

Real People. Real Stories. Real Heart.

Simon and Schuster

In the bestselling tradition of *The Five People You Meet in Heaven* and *Humans of New York* comes a collection of authentic, emotional, and inspiring stories about life's most important moments, as curated by the editors at Love What Matters. "90% of the reads bring me to tears. I just can't believe the love this world truly has when all we see is hate. This is so uplifting." —Shelsea Where do you go when you want to feel inspired? When you want to forget about the divisiveness and the anger? For

over five million people, that place is Love What Matters, a digital platform dedicated to finding and sharing the daily moments of kindness, compassion, and love that so often go overlooked. This curated collection of powerful stories features first person accounts and photographs that perfectly capture each moment: A husband learning he's about to be a dad. A new mom embracing her body. A cashier inadvertently teaching a young girl a lesson about patience. A bagel from a stranger that saved a homeless man's life. From long overdue adoptions to military heroes returning home; from a fireman's touching 9/11 tribute to what an old dinner

plate found at a bake sale can teach us all about life—these are the moments that matter. They are genuine. Authentic. Raw. And they are perfect in their imperfection—just like all of us. You will no doubt experience goosebumps and tears, but this mosaic of life's moments will leave you with something even more profound: a reminder that, in the end, love always wins. "This really is the best page on Facebook. It renews your love of humanity. There are still good people. We need more reports of acts of kindness." —Johnny

The Life-Saving Divorce

Hope for People Leaving Destructive

Relationships

You Can Love God and Still Get a Divorce. And get this, God will still love you. Really. Are you in a destructive marriage? One of emotional, physical, or verbal abuse? Infidelity? Neglect? If yes, you know you need to escape, but you're probably worried about going against God's will. I have good news for you. You might need to divorce to save your life and sanity. And God is right beside you. In "The Life-Saving Divorce" You'll Learn: - How to know if you should stay or if you should go.- The four key Bible verses that support divorce for infidelity, neglect, and physical and/or emotional abuse. - Twenty-seven myths about divorce that

aren't true for many Christians. - Why a divorce is likely the absolute best thing for your children. - How to deal with friends and family who disapprove of divorce. - How to find safe friends and churches after a divorce. Can you find happiness after leaving your destructive marriage? Absolutely yes! You can get your life back and flourish more than you thought possible. Are you ready? Then let's go. It's time to be free. This book includes multiple first-person interviews. Explains psychological abuse, gaslighting, the abuse cycle, Christian divorce and remarriage, children and divorce, domestic violence, parental alienation, mental abuse, and biblical reasons for

divorce. Includes diagrams such as the Duluth Wheel of Power and Control (the Duluth Model) and the Abuse Cycle, as well as graphs based on Paul Amato's 2003 study analyzing Judith Wallerstein's book, *The Unexpected Legacy of Divorce*. Includes quotes by Leslie Vernick, Lundy Bancroft, Shannon Thomas, David Instone-Brewer, Natalie Hoffman, LifeWay Research, Kathleen Reay, Gottman Institute, Glenda Riley, Martin Luther, John Calvin, Steven Stosny, Michal Gilad, Leonie Westenberg, Nancy Nason-Clark, Julie Owens, Marg Mowczko, Justin Holcomb, Barna Group, Justin Lehmler, Alan Hawkins, Brian Willoughby, William Doherty, Brad Wright,

Bradford Wilcox, Sheila Gregoire, E Mavis Hetherington, John Kelly, Betsey Stevenson, Justin Wolfers, Norm Wright, Virginia Rutter, Judith Herman, and Bessel van der Kolk. Recommended reading list includes: Henry Cloud, John Townsend *Boundaries* books, Richard Warshack books.

When Your Kid Is Hurting

Helping Your Child through the Tough Days *Revell*

Children today live in an unpredictable, disruptive, and often violent world. Many of them live in two different homes with different sets of expectations. They face bullying at school and online. They hear

news of school shootings, and racially or religiously motivated violence. They may have lost a friend or a loved one. As parents, the impulse to protect our children is strong, but that very protection can end up handicapping them for life. Rather than seek to save them from the hard things, parents must teach their kids how to cope with and rise above their problems. In one of his most important books to date, internationally known psychologist and bestselling author Dr. Kevin Leman shows parents how to - be good listeners - tell the truth, even when it's difficult - find balance between being protective and being overprotective - approach hurt and injustice as a learning

experience rather than fostering a victim mentality - and much more. Whether your child is dealing with a difficult family situation, bullies, the loss of friends, the death of a loved one, discrimination, abuse, a teen pregnancy, or even just trying to make sense of what they see in the news, this compassionate and practical book will help parents equip them to process, learn from, and rise above their situation.

Understanding the Borderline Mother

Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship *Rowman & Littlefield*

The first love in our lives is our mother.

Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a "make-believe" mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen

without becoming her subject, and to live with the witch without becoming her victim. A Jason Aronson Book

Why Does Mommy Hurt?

Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, Or Autoimmune Disease

The children of people with chronic illness and pain suffer quietly. "Why Does Mommy Hurt?" is a joyful, yet honest, portrayal of family life burdened with chronic illness. This is a delightful story told by a young boy learning to understand and cope with his mother's illness. The story creates natural

opportunities for families to talk about both the symptoms of chronic illness, and how they affect family life. Even more importantly, the story puts power into the hands of the children. It also offers a helpful "Tips and Resources" section for parents! This book is appropriate for a wide-variety of illnesses associated with chronic pain, such as: Lupus, Lyme Disease, ME, CFS, Fibromyalgia, Arthritis, Multiple Sclerosis, Autoimmune Disease, and many others.

Loving Him without Losing You

How to Stop Disappearing and Start Being Yourself

John Wiley & Sons

Are you a Disappearing

Woman? "Beverly Engel has identified a widespread problem and provided women with wise guidelines for bursting through it. She writes with compassion and insight. If you think you are a Disappearing Woman, you will drink in this book as if it were a health-giving elixir. It is!"-Susan Page, author of *How One of You Can Bring the Two of You Together* and *If I'm So Wonderful, Why Am I Still Single?* "This remarkably helpful book offers new insights into why so many women surrender their individuality in relationships. Don't wait until your hair is on fire to read it."-Maxine Schnall, founder and Executive Director of *Wives Self Help* "A book of depth and power. I highly recommend it not only to women who lose themselves in their relationships with men but to the parents of adolescent girls who need to be taught how to view themselves as valuable beings separate from their relationships with men and boys."-Michael Gurian, author of *The Good Son* and *A Fine Young Man* Do you frequently find yourself putting your lover's needs ahead of your own? Do you tend to lose yourself in your romantic relationships? Have you ever neglected your career, your friends, or even your health while in the midst of a love affair? Now, in this landmark book, Beverly Engel examines the intricate reasons why so many women

submerge themselves in their relationships with men and offers a straightforward, empowering program that you can use to free yourself from the powerful grip of this all-too-common problem and rediscover yourself as a Woman of Substance.

Killing You Softly

A Guide to Understanding Domestic Violence and Abuse

"Killing You Softly" is a practical easy-to-read guidebook for those who may be experiencing domestic violence in their lives. Domestic violence and abuse occurs between partners but also includes violence between other members in the

household too; adolescents, the elderly and the disabled. "Killing you softly" discusses such topics as abuse types, perpetrator behaviors, warning signs of abuse, domestic violence in the LGBTQ+ community, increased risks of death, victims of abuse, leaving an abusive relationship including safety plans, how the law views domestic violence, how to get a restraining order, myths and realities, signs of domestic violence and what to do. Resources and statistics are also provided.

Child Neglect

A Guide for Prevention, Assessment, and Intervention