

# Daily Wisdom for Why Does He Do That?: Encouragement for Women Involved with Angry and Controlling Men

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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.

Lundy Bancroft has over twenty-five years of experience in the fields of abuse, trauma, and recovery. He has published five books, including the bestseller *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?*. 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. 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."-Jay G. Silverman, PhD, director, Violence Prevention Programs, Harvard School of Public Health

"Jargon-free analysis is frequently broken up by interesting first-person accounts and boxes that distill in-depth information into simple checklists. Bancroft's book promises to be a beacon of calm for many storm-tossed families."-Publishers Weekly

"Bancroft boldly asks-and brilliantly answers-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."-Jackson Katz, creator of the award-winning video *Tough Guise: Violence, Media and the Crisis in Masculinity*

"This is essential reading for those in the helping professions and highly recommended."-  
Library Journal

"At last-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 there's so much violence in America. Read it."-Ann Jones, author of When Love Goes Wrong and Next Time, She'll Be Dead

"Bancroft helps women who feel trapped in unhealthy relationships make sense out of what is happening."-Sarah Buel, JD, codirector, Domestic Violence Clinic, and lecturer, University of Texas Law School

"A compelling read about a tough topic. What you read here will come back to you long after you put the book down."-Angela Browne, author of When Battered Women Kill

"An informative and necessary read."-Susan Weitzman, PhD, author of Not to People Like Us: Hidden Abuse in Upscale Marriages

#### Other Books

Advocate and Family Guardian,

⌘ ⌘ ⌘ ⌘ ⌘ . Within an hour before her last sigh , while her chilherself to the training of her children , and the promotion of the ... some distance , to dress the diseased limb of a poor woman , as there was no physician within eight miles ."