



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

Lundy Bancroft

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"He doesn't mean to hurt me-he just loses control."

"He can be sweet and gentle."

"He's scared me a few times, but he never hurts the children-he's a great father."

"He's had a really hard life..."

Women in abusive relationships tell themselves these things every day. Now they can see inside the minds of angry and controlling men-and change their own lives. In this groundbreaking book, a counselor shows how to improve, survive, or leave an abusive relationship, with:

- € The early warning signs
- € Nine abusive personality types
- € How to tell if an abuser can change, is changing, or ever will
- € The role of drugs and alcohol
- € What can be fixed, and what can't
- € How to leave a relationship safely

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