



Ditch That Jerk : Dealing With Men Who Control and Hurt Women

Pamela Jayne

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Neither weighed down by research nor weightless with airy promises, Ditch That Jerk is a gritty, honest, and most of all experienced view of physical and emotional abusers and their effect on victims. Engagingly written, it shows women how to assess their partners and relationships for potential abuse, and for potential change - or not. Author Pamela Wiseman uses examples from counseling sessions to illustrate how the mind of an abusive man works and how to identify the patterns. She details the tricks used by such men to keep women in line and discusses warning signs, alcohol and drugs, and the excuses people use to explain abuse. Optimistic and empowering without candy-coating a difficult topic, this book gives women the tools to make clear-headed decisions about damaging relationships.

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