

# Recommended Books Related to Domestic Violence

Many of these books can be found at the Longmont Public Library (Call No's listed when available). Contact the library at 303-651-8472 or by email at [ask.marian@ci.longmont.co.us](mailto:ask.marian@ci.longmont.co.us). If the book you need is not in stock, the library may be able to locate it elsewhere or obtain it through inter-library loan.

For non-emergency domestic violence information and referrals in the Longmont area, contact LEVI at 303-774-4534.

[www.LongmontDomesticViolence.org](http://www.LongmontDomesticViolence.org)

## Adults

### For Victims & Survivors

**A Woman Like You** by Vera Anderson

Photos and interviews with domestic violence survivors.

**Abused Men: the Hidden Side of Domestic Violence** by Philip Cook (362.8292 COO)

Telling their stories: men speak out -- The domestic violence trap: how to get help and find freedom from abuse -- Resistance and acceptance: the challenge to understanding -- Exploring new approaches to reducing domestic violence.

**Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse** by Paul Hegstrom

Written by a former batterer, Hegstrom examines the psychological components of various types of abuse, along with true examples from his own life and others, he points the way back to wholeness and freedom. An aid for the man who batters, the woman who feels trapped, and the pastor, counselor, or friend who desperately wants to help them.

**Before Women Had Wings** by Connie May Fowler (FICTION FOWLER, C.M)

Avocet Abigail "Bird" Jackson embarks on a spiritual quest for salvation as she struggles to escape the chaos, fear, and turmoil of her parents' lives and make sense of a confusing and desperate world.

**Black and Blue** by Anna Quindlen (FICTION QUINDLEN, A.)

Novel about a woman and a marriage that begins in passion and becomes violent

**Breaking Free from Partner Abuse: Voices of Battered Women Caught in the Cycle of Domestic Abuse** by Mary Marecek (362.82 MAR)

This book is for all women experiencing violence in a relationship. Using poetry, prose, illustrations, and the words of abused women, it provides affirmation and direction for women struggling with partner abuse. It covers such issues as battered person's rights, how to leave an abuser, understanding physical violence, lesbian battering, and women's shelters. This book addresses many of the reasons why women stay in violent relationships.

**Called to account: a story of one family's struggle to say no to abuse** by M'Lixx Switzer & Katherine Hale (362.83 SWI)

Switzer offers a first-person "self-exposure," as she calls it, detailing how she and her family confronted their own domestic violence.

**Defending Our Lives: Getting Away from Domestic Violence & Staying Safe** by Susan Murphy-Milano (362.8292 MUR)

Presents the first comprehensive guide to the options available to battered women as well as to the family and friends who want to help them.

**Everything You Need to Know about Family Violence** by Evan Stark (362.82 STA)

Covers understanding abuse; telling the difference between abuse and argument; stopping the violence; inside a violent home and where to go for help.

**Free Yourself from an Abusive Relationship: 7 Steps to Taking Back Your Life** by Andrea Lissette & Richard Kraus (362.8292 LIS)

Comprehensive guide to recognizing and dealing with domestic abuse and violence. It outlines the different types and stages of abuse, and provides information on how to change such relationships or escape from them.

**Getting Away with Murder** by Raoul Felder & Barbara Victor (362.8292 FEL)

Addressed to everyone touched by the issue of domestic violence, from the police to friends and neighbors who witness or suspect abuse. Authors call for hospital personnel to report suspicious injuries and argue for stringent legal penalties, demonstrating the need to put prevention and protection before well-meaning but potentially dangerous concerns about privacy.

**Getting Free: you can end abuse and take back your life** by Ginny NiCarthy (362.8292 NIC)

For women who want to free themselves of an abusive relationship. Includes special exercises designed to help recognize abuse, gain self-esteem, and decide what you want from a relationship.

**Growing Free: A Manual for Survivors of Domestic Violence** by Wendy Deaton & Michael Hertica (362.8292 DEA)

This manual guides the reader toward understanding-and eventually ending-the vicious cycle of wooing, tension, violence, and remorse that characterizes all levels of domestic violence. It outlines a series of steps abused women can take to ensure their emotional and physical safety.

**He Promised He'd Stop: Helping Women Find Safe Passage from Abusive Relationships** by Michael Groetsch (362.8292 GRO)

This book aids victims in identifying the characteristics of the least dangerous, moderately dangerous, and very dangerous batterers. It also deals with helping women leave abusive relationships. An understanding of the processes of ending abusive relationships is given through case studies and useful facts about what type of treatment is available, developing a safety plan, and how to get the police and courts to help.

**It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence** by Meg Kennedy Dugan & Roger Hock (362.8292 DUG)

Offers encouragement and practical advice to women who have left abusive relationships, and are now seeking to repair their self-esteem, assess their safety and move on to better lives.

**Living Between Danger & Love: The Limits of Choice** by Kathleen Jones

Memoir and autobiography, author recounts episodes of living with DV, narrating what she calls "unreasonable choices" - choices between love and power, care for another and care for ourselves.

**Love Is A Choice: Recovery for Codependent Relationships** by Robert Hemfelt, et al. (155.916 HEM)

Authors walk readers through their ten proven stages to recovery from codependency, whether upon alcohol or drugs, money, work, food, or sexuality for happiness.

**Next Time She'll Be Dead** by Ann Jones

First published in 1994, this updated edition includes new information on the effect of the 1994 VAWA act, examines resources on the internet and details what you can do to help stop battering.

**No Visible Wounds** by Mary Susan Miller

Identifies the many types of nonphysical abuse – verbal, emotional, psychological, social, and economic. Explores why this outrageous treatment of women continues unabated in our society.

**Not to People Like Us: Hidden Abuse in Upscale Marriages** by Susan Weitzman

Explores a heretofore overlooked population of battered wives—the highly-educated and upper-income women who rarely report abuse and remain trapped by their own silence.

**Resourceful Woman** by Shawn Brennan & Julie Winklepleck (362.838 BRE)

A hefty compilation with a resource directory as its core, supplemented with sidebars containing statistics, photos, articles, essays, short stories, and poetry--a mix of information and inspiration.

**Secret Life of Bees** by Sue Monk Kidd (FICTION KIDD, S.M.)

14-year-old Lily Owen, neglected by her father and isolated on their Georgia peach farm, spends hours imagining a blissful infancy when she was loved and nurtured by her mother, Deborah, whom she barely remembers. The search for a mother, and the need to mother oneself, are crucial elements in this well-written coming-of-age story set in the early 1960s against a background of racial violence and unrest. This story should charm female readers of all ages. Lily is experiencing domestic abuse, and recalls memories of her mother's abuse.

**Shattered Dreams** by Charlotte Fedders & Laura Elliott

True story of a courageous woman who dared to break the bonds that held her hostage, Charlotte Fedders tells the story of the physical and emotional abuse she kept hidden in her upper class lifestyle, and how she broke free.

**Suddenly Single Mom: A Practical Guide to Self-sufficient Survival** by T.J. Terry

Has been termed "The NORTH STAR for victims of domestic violence" because it is an excellent resource they can use to help themselves NOT RETURN to a violent environment.

**Surviving Domestic Violence** by Elaine Weiss, Ed.D

Tells the stories of twelve female survivors of domestic violence. Each escaped the abuser and reclaimed their dignity, reconstructed their lives and rediscovered peace.

**The Battered Woman** by Lenore Walker (362.82 WAL)

Uncovers myths on battering, includes sections on preventive education, practical remedies and psychotherapy.

**The Battered Woman's Survival Guide: Breaking the Cycle, a Resource Manual for Victims, Relatives, Friends, and Professionals** by Jan Berliner Statman (362.8292 STA)

This easy-to-use handbook offers immediate help and hope for victims of domestic violence--and for those who suspect that abuse is taking place and want to help.

**The Breakable Vow** by Kathryn Ann Clarke (FICTION CLARKE, K.A.)

After eighteen-year-old Annie becomes unexpectedly pregnant, she marries her boyfriend, but slowly realizes that he is abusive and that she must decide what she can and will do about the relationship and to keep her daughter and herself safe.

**The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships** by Harriet Lerner (152.4 LER)

Dr. Lerner teaches women to identify the true sources of our anger and to use anger as a powerful vehicle for creating lasting change.

**The Gift of Fear** by Gavin De Becker (362.88 DE B)

Shows readers how to spot signs of danger. Shattering the myth that most violent acts are unpredictable, de Becker offers specific ways to protect yourself and those you love.

**The Verbally Abusive Relationship: How to recognize it and how to respond** by Patricia Evans (158.2 EVA)

For those in verbally abusive relationships, or knows someone who is in this type of relationship, this book provides validation, understanding and encouragement for your efforts to change the situation.

**Verbal Abuse Survivors Speak Out** by Patricia Evans (158.2 EVA)

Discusses DV survivors, oppression and control, disintegration, awareness, blame and escape.

**What to Do When Love Turns Violent: a Practical Resource for Women in Abusive Relationships** by Marian Betancourt (362.82928 BET)

A guide to help women break free from violence This book] is a source of hard facts to help women seek protection through law enforcement and the justice system, get assistance from the healthcare system, and find answers to their questions. It details what they may expect at each step as they devise their "exit plan."

**When Katie Wakes** by Connie May Fowler (813.09 Fowler FOW)

Author's memoir of years of abuse and humiliation. The daughter and grand-daughter of battered women, Fowler found herself drawn to a man who was bent on destroying her, physically and emotionally. Trapped in a cycle of violence, Fowler describes how she reclaimed her own life.

**When Love Goes Wrong** by Ann Jones & Susan Schechter (759 HAG)

Provides strategies for women with controlling partners. Shows women what their options are in or out of the relationship, provides concrete guidance on finding safety and support for themselves and their children.

**When Violence Begins at Home** by K.J. Wilson, K.J. (362.8292 WIL)

Guide that addresses the needs of multiple audiences, including battered women from various backgrounds, teenaged victims of dating violence, educators, community leaders, and even the batterers themselves.

**When Your Perfect Partner Goes Perfectly Wrong** by Mary Jo Fay (616.85854 FAY)

Self-help book about those who become involved with narcissistic partners. Informs readers of red-flag behaviors and the steps involved in extricating oneself from an unhealthy relationship.

**Why Does He Do That: Inside the minds of angry and controlling men** by Lundy Bancroft (362.8292 BAN)

Bancroft takes the reader inside the hearts and minds of abusive men. He reveals the distorted thought processes and unhealthy beliefs that can lead men to control or intimidate women, explains how abusive men can overcome their problems, and empowers women to regain control of their own lives whether their partner changes or not.

**Women Who Love Too Much** by Robin Norwood (155.633 NOR)

Many women find themselves repeatedly drawn into unhappy and destructive relationships with men. This book defines and delves into the dynamics and teaches how to recover from loving too much.

**You Can Be Free: An Easy-to-Read Handbook for Abused Women** by Ginny NiCarthy & Sue Davidson (362.83 NIC)

It covers a wide range of topics designed to help women in crisis: how to identify different types of abuse, where to go for emergency shelter, how to get help from professionals such as police, lawyers, and counselors, and how to cope with children and family.

## For Family & Friends

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**It Could Happen to Anyone: Why Battered Women Stay** by Alyce LaViolette & Ola Barnett

Provides understanding and empathy regarding this complex issue and presents an integrated learning theory explanation of the conditioning that culminates in wife abuse, in the resulting state of the victim, and in the decision to stay with an abuser.

**The Verbally Abusive Relationship: How to recognize it and how to respond** by Patricia Evans (158.2 EVA)

For those in verbally abusive relationships, or knows someone who is in this type of relationship, this book provides validation, understanding and encouragement for your efforts to change the situation.

**To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women** by Susan Brewster (362.8292 BRE)

Practical guide for people who want to assist a friend or loved one in her struggle to escape an abusive relationship. Teaches readers how to recognize signs of abuse, handle negative feelings, become an effective advocate, deal with the abuser, and more.

**Violent Relationships: Battering and Abuse among Adults** by Melissa J. Doak (362.88 VIO)

The abuse of women: a worldwide issue -- Spouse and partner abuse: who, what, and when? -- The cause of wife abuse -- The effects of abuse: why does she stay? -- Rape and sexual harassment around the world

**What Causes Men's Violence Against Women?** by Michele Harway & James O'Neil

Considers potential causes of men's violence against women, utilizing a variety of theoretical perspectives. It summarizes what is known about the multiple causes of men's violence against women and the importance of identifying men's risk factors in order to prevent future violence.

**Why Does He Do That: Inside the minds of angry and controlling men** by Lundy Bancroft (362.8292 BAN)

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# For Men

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## **Men's Work: How to Stop the Violence That Tears our Lives Apart** by Paul Kivel

A nationally known expert on men's issues, Kivel shows men – and women – how to confront the harsh realities behind aggression and how to respond in new, productive ways to the political, social, and personal forces that can lead to misogyny, hatred, anger and violence.

## **Running to Stand Still** by Bearnard O'Riain

True account of the author's turbulent family history, realization that he was an abuser, and his discovery of the roots of violence and provocation, and the story of his recovery.

## **The Macho Paradox** by Jackson Katz (362.88082 KAT)

First book to comprehensively and convincingly make the case that violence against women is a men's issue. Jackson Katz, one of the nation's foremost authorities on this subject, takes the reader deep inside male culture to examine why so many men physically and sexually abuse women and children, including those closest to them.

## **Violent No More: Helping Men End Domestic Abuse** by Michael Paymar (362.8292 PAY)

The author guides readers through the process of recognizing abusive behaviors, taking responsibility for them, and learning to express anger without violence. The book includes resources, exercises, and guidelines for men of different cultural and ethnic backgrounds.

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# LGBT Domestic Violence

## **Intimate Betrayal: Domestic Violence in Lesbian Relationships** by Ellyn Kaschak (362.8392 INT)

Forging community links to address abuse in lesbian relationships.

## **Same-Sex Domestic Violence: Strategies for Change** by Beth Leventhal (362.829 LEV)

Examines a broad range of issues that confront the victims of same-sex domestic violence and those who offer them services. Chapters include topics of practical concern, HIV, same-sex domestic violence, establishing safe home networks for battered gay men, courtroom advocacy, coalition building and dating violence prevention.

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