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Domestic Violence: Causes and Cures and Anger Management

Dr. Willis C. Newman, Esmeralda Newman

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This is two books put together as one. The first part deals with the problem of domestic violence. Domestic violence is wide spread, wreaks havoc on families and sometimes leads to the death of a loved one. And, it goes both ways! Both men and women can be abusers or victims. Often family friends feel helpless. Questions arise. How can we help the victim when she/he does not seem to want to leave the relationship? Is there hope for the perpetrators? Can they change? We explain what domestic violence is, the causes, the consequences, suggested treatment and help for both perpetrators and victims, and a biblical view of marriage. In part two, we tackle the subject of anger management. We will define anger and its core dynamics, determine how to recognize it, see that anger is a choice we can manage, and identify the cycle of anger. We will identify the major mental distortions that fuel anger, and expand on practical strategies to manage anger. This book is born out of lessons learned from personal experiences, and Willis' extensive research, years of experience in counseling people involved in domestic violence situations and teaching anger management. If you are involved in an abusive relationship, and/or have anger issues, DON'T SET THIS BOOK ASIDE! You can find hope and help here. This book will change your life!

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