



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

By Lundy Bancroft

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In this groundbreaking book, domestic violence expert Lundy Bancroft uses his unique perspective as a therapist for abusive and controlling men to help women, their children, and other family members who have been touched by abuse understand why abusers behave the way they do and what can be done about it.

Bancroft teaches women how to survive and improve an abusive relationship; how to determine how dangerous an abuser is and when it is impossible to rectify a situation; and how to get out of a relationship safely.

Bancroft identifies nine types of abusive men, addressing different styles, from the physical batterer to the strictly verbal abuser. He dispels the pervasive societal myths surrounding abuse, exposing common excuses used by abusers, such as having experienced an abusive childhood or substance addiction. Bancroft answers commonly asked questions, such as what warning signs of abuse to look for early in a relationship; what is and isn't abusive behavior; how to know if a woman and her children are in danger; and how to tell when a man is really changing.

*Why Does He Do That?* gets to the heart of abusive men's thoughts and behaviors, making it a vital resource for victims of domestic violence, their families, and professionals. This empowering book gives women the tools they need to get back in control of their own lives.

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## Why Does He Do That?: Inside the Minds of Abusive and Controlling Men By Lundy Bancroft Bibliography

- Rank: #407375 in Books
- Published on: 2002-09-30
- Released on: 2002-09-30
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.34" h x 1.39" w x 6.30" l,
- Binding: Hardcover
- 432 pages

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### **Editorial Review**

From Publishers Weekly

This fascinating investigation into what makes abusive men tick is alarming, but its candid handling of a difficult subject makes it a valuable resource for professionals and victims alike. Bancroft, the former codirector of Emerge, the nation's first program for abusive men, has specialized in domestic violence for 15 years, and his understanding of his subject and audience is apparent on every page. "One of the prevalent features of life with an angry or controlling partner is that he frequently tells you what you should think and tries to get you to doubt or devalue your own perceptions and beliefs," he writes. "I would not like to see your experience with this book re-create that unhealthy dynamic. So the top point to bear in mind as you read [this book] is to listen carefully to what I am saying, but always to think for yourself." He maintains this level of sensitivity and even empathy throughout discussions on the nature of abusive thinking, how abusive men manipulate their families and the legal system and whether or not they can ever be cured. 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 and sanity for many storm-tossed families.

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From Library Journal

Bancroft, a former codirector of Emerge, the first U.S. program for abusive men, and a 15-year veteran of work with abusive men, reminds readers that each year in this country, two to four million women are assaulted by their partners and that at least one out of three American women will be a victim of violence by a husband or boyfriend at some point in her life. His valuable resource covers early warning signs, ten abusive personality types, the abusive mentality, problems with getting help from the legal system, and the long, complex process of change. After dispelling 17 myths about abusive personalities, he sheds light on the origin of the abuser's values and beliefs, which he finds to be a better explanation of abusive behavior than reference to psychological problems. Bancroft extends his approach to problematic gay and lesbian relationships as well, making the book that much more useful and empowering. This is essential reading for those in the helping professions and highly recommended for all libraries, especially those in communities with emergency shelter programs. Dale Farris, Groves, TX

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Review

"This is essential reading for those in the helping professions and highly recommended for all libraries, especially those in communities with emergency shelter programs." ---Library Journal Starred Review

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