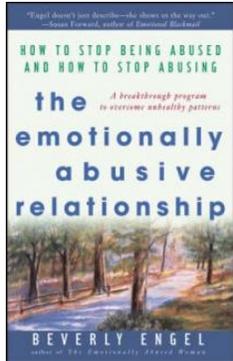


Relationships (Rel) and Sexuality (S)



By [Beverly Engel](#)

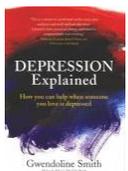
The Emotionally Abusive Relationship :

How to Stop Being Abused and How to Stop Abusing

Beverly Engel clearly and with caring offers step-by-step strategies to stop emotional abuse...helping both victims and abusers to identify the patterns of this painful and traumatic type of abuse. This book is a guide both for individuals and for couples stuck in the tragic patterns of emotional abuse' - Marti Loring, Ph.D., author of "Emotional Abuse" and coeditor of "The Journal of Emotional Abuse". 'This groundbreaking book succeeds in helping people stop emotional abuse by focusing on both the abuser and the abused and showing each party what emotional abuse is, how it affects the relationship, and how to stop it. Its unique focus on the dynamic relationship makes it more likely that each person will grasp the tools for change and really use them'. The number of people who become involved with partners who abuse them emotionally and/or who are emotionally abusive themselves is significant- yet emotional abuse is the least understood form of abuse. Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you. "The Emotionally Abusive Relationship" will tell you how to identify emotional abuse and how to find the roots of your behavior. Combining dramatic personal stories with action steps to heal, Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse. By teaching those who are being emotionally abused how to help themselves and those who are being emotionally abusive how to stop abusing, "The Emotionally Abusive Relationship" offers the expert guidance and support you need. **Table of Contents: Acknowledgments. Introduction. Part One: Identifying and Understanding Emotional Abuse. 1. Emotional AbuseAC - The Destroyer of Relationships. 2. Patterns of Abuse. 3. Not All Emotionally Abusive Relationships Are Alike. 4. Patterns That Begin in Childhood: Why We Abuse and Why We Take It. Part Two: Stopping the Abuse. 5. Action Steps for Those Being Abused. 6. Action Steps for the Abusive Partner. 7. Action Steps for the Abusive Couple. 8. When Your Partner Has a Personality Disorder. 9. When Your Abusiveness Stems from Your Personality Disorder. Part Three: Where Do You Go from Here? 10. Should You Stay or Should You Leave? 11. Preventing Emotional Abuse in the Future. 12. Continuing to Recover. Epilogue. References. Further Reading. Websites and Chat Rooms. Index.**

Reviews: According to therapist Engel (Partners in Recovery), "even the most loving person" is capable of emotional abuse-that is, "any non-physical behaviour designed to control, intimidate, subjugate, demean, punish, or isolate." In a reasoned, sensible tone, she encourages readers to become responsible for their behaviour and for changing it. Identified are ten "patterns of abuse" (verbal assault, character assassination, etc), different kinds of abusive relationships, action steps for cessation, and suggestions for recovery. Using dense writing and cogent examples, Engel clearly shows how this type of abuse, either intentional or unconscious, leads to low self-esteem and misery for one or both partners. An important read for those who suspect that their relationship has entered abusive territory, this book is highly recommended. [John Wiley & Sons Inc: 15+ years](#)

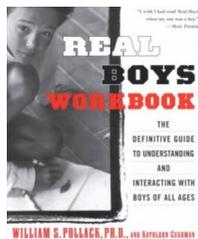
Rel/HT/SH



[Depression Explained: How You Can Help When Someone You Love is Depressed](#) By Gwendoline Smith 2011

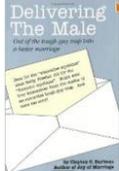
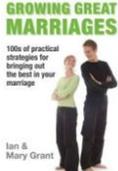
Well-known psychologist and counsellor Gwendoline Smith takes a down-to-earth, practical and sometimes humorous look at depression.

DES/Rel

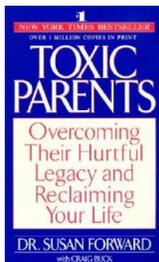


By [William S Pollack](#), [Kathleen Cushman](#), [Kathleen Cushman](#)

The Real Boys' Workbook is a unique, instructive workbook, full of advice, exercises, and stories to help parents, professionals, and boys themselves understand boys—and how to make life with them better. How to listen to boys, talk and be with them, exercises to teach you new ways to handle situations, and strategies for coping with problems (drug and alcohol abuse, gender identity, depression, bullies) are addressed, as readers are encouraged to respond to questions and situations, to learn how to think about boys with new understanding, and to react more creatively. Through writing down responses in the workbook, using the charts and summaries, and taking part in the provocative question-and-answer sections, you will gain insight into boys and their problems and be better able to be with them in effective and powerful ways. [15+ years](#) [Villard Books](#)

 <p>Delivering the Male Clayton Barbeau 2004</p>	<p>Clayton writes with insight, humor and sensitivity about the "tough guy" trap. Women should read, too</p> <p style="text-align: right;">Rel/PAR</p>
 <p>Growing Great Marriages By Ian Grant, Mary Grant 2009</p>	<p>Ian and Mary Grant maintain that the two great human desires are to know that we can love and that we can be loved. In their latest book, they give skills and tips on how to maintain your relationship with your husband or wife. Whether your relationship is flaming with passion or just flaming awful, this entertaining book gives you insights and practical ideas to make your life stronger and happier. You will take away keys and tips to transform your relationship into one that others will envy, full of fun, communication, passion and intimacy. Turn the dream into a reality.</p> <p style="text-align: right;">REL</p>
 <p>If The Man You Love Was Abused: A Couple's Guide to Healing by Marie H. Browne Marlene M. Browne Publisher: Adams Media (January 19, 2007)</p>	<p>If the Man You Love Was Abused is your lifeline. Written with both of your needs in mind and informed by case studies from real patients in her practice, psychologist Dr. Marie Browne combines practical applications with authoritative research to offer you the ultimate guide for getting through this difficult situation. You'll learn how to help him get the support he needs, and make sure not to neglect your needs in the process.</p> <p style="text-align: right;">REL</p>

Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life

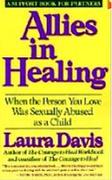
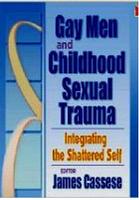


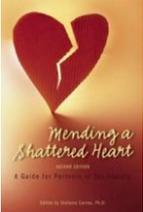
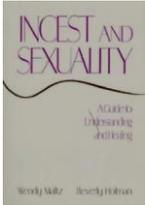
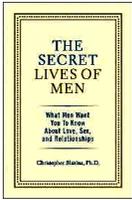
Dr. Susan Forward:

When you were a child...

- Did your parents tell you you were bad or worthless?
- Did your parents use physical pain to discipline you?
- Did you have to take care of your parents because of their problems?
- Were you often frightened of your parents?
- Did your parents do anything to you that had to be kept secret?

Now that you're an adult... All parents fall short from time to time. But Susan Forward pulls no punches when it comes to those whose deficiencies cripple their children emotionally. Forward uses the stories of her clients lives to help illustrate how to overcome the impacts of parental manipulation--from power trips to guilt trips and all other killers of self worth. She will help deal with the pain of childhood and move beyond the frustrating relationship patterns learned at home that you may carry into your adult life.

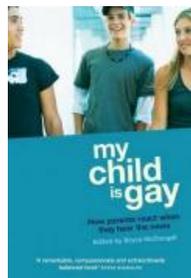
<p>Allies in Healing: When the Person You love Was Sexually Abused as a Child by Laura Davis Publisher: Harper 1 edition</p> 	<p style="text-align: right;">Rel</p> <p>But what about me?" "Is it possible to go one day without dealing with the survivor's issues?" "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners -- girlfriends, boyfriends, spouses, and lovers -- trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important questions, Allies in Healing covers:</p> <ul style="list-style-type: none"> ☑ The Basics -- answers common questions about sexual abuse. ☑ Allies in Healing -- introduces key concepts of working and growing together. ☑ My Needs and Feelings -- teaches partners to recognize, value, and express their own needs. ☑ Dealing with Crisis -- includes strategies for handling suicidal feelings, regression, and hopelessness. ☑ Intimacy and Communication -- offers practical advice on dealing with distancing, control, trust, and fighting. ☑ Sex -- provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. ☑ Family Issues -- suggests a range of ideas for interacting with the survivor's family. ☑ Partners' Stories -- explores the struggles, triumphs, and courage of eight partners.
<p>Gay Men and Childhood Sexual Trauma: Integrating the Shattered Self by James Cassese</p>  <p>Routledge (December 13, 2000)</p>	<p style="text-align: right;">Rel/S/HT</p> <p>"The first book of its kind, Gay Men and Childhood Sexual Trauma: Integrating the Shattered Self addresses the unique emotional and psychological needs of gay male survivors of sexual abuse. All too often, gay men hide their childhood memories of being sexually victimized, because of fear, shame, and the stigma of stereotypes which equate homosexuality with child abuse." "Gay Men and Childhood Sexual Trauma offers new hope by separating the crime of pedophilia from the consensual intimacy of an adult male same-sex relationship. It offers practical treatment suggestions as well as moving insights into the painful conflicts gay men may have accepting their own sexuality and revealing their status as a child survivor of an adult sexual predator. This powerful volume offers sufficient technical detail to be useful for the therapist, yet it is written with enough clarity and compassion to be used as bibliotherapy for men just coming out as gay, as survivor, or as both."--BOOK JACKET. Provides practical treatment suggestions, as well as valuable insights into the painful conflicts gay men may have in accepting their own sexuality and revealing their status as child survivors of an adult sexual predator. Annotation c. Book News, Inc., Portland,</p>
<p>The Anger Control Workbook by Matthew McKay (Author), Peter Rogers</p>  <p>New Harbinger 2000</p>	<p style="text-align: right;">AV</p> <p>"The ever-escalating costs of anger are well documented: sabotaging careers, alienating friends and family, triggering illness, causing bodily harm. Written by two well-regarded experts in the field, The Anger Control Workbook introduces a new and radically simplified approach to anger control. Step-by-step exercises will aid readers in identifying, understanding, responding to, and ultimately coping with their hostile feelings. "Half the anger battle can be won by simply learning to relax the physical tension that develops in provocative situations. It's a proven fact that if you can relax your body, and keep it relaxed, it's almost impossible to get angry. Combating stress using the skills you're about to learn can help you calm down, think clearly, and handle any situation in an effective, positive way." -</p>

<p>Mending a Shattered Heart: A Guide for Partners of Sex Addicts By Stefanie Carnes : 01 October 2011</p>  <p>Gentle Path Press 15+ years</p>	<p style="text-align: right;">Ad/Rel</p> <p>When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from sex addiction. This is a disorder shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids?</p>
<p><u>Incest and Sexuality</u> By Wendy Maltz, Beverly Holman October 1987</p> 	<p style="text-align: right;">Rel/S</p> <p>A book to detail how sexuality is influenced by early abuse and will relate to the needs of both men and women "Incest and Sexuality" sympathetically and incisively explores the effects of incest on survivors and offers both they and their intimate partners a great deal of information on ways to get past the abuse. The work deals with a wide range of incestuous circumstances, and either a survivor or one intimately involved with a survivor should find the book well worth the read "This book is relevant for both men and women overcoming challenges in their upbringing that hinders positive relationships with each other.</p>
<p><u>The Secret Lives of Men</u> By Christopher Blazina November 2008</p> 	<p style="text-align: right;">Rel/S</p> <p>Although they have been taught to distance themselves from vulnerability or hide emotional aspects of their psyche, men really do want to be understood and come out of the shadows of the fear that binds them. The Secret Lives of Men shows readers how to assist in making a healthy emotional life for males a reality. Dr. Blazina shows readers how to become a 'guardian' for their loved ones, helping them to define who they really are as men.</p> <ul style="list-style-type: none"> Dr. Blazina offers an exploration, explanation, and clarification into the hidden realm of the male psyche. What men wish women knew about their emotions, thoughts, and points of view What men value, how they communicate, and whom they love How important occurrences from childhood shape men's attitudes, goals, and relationships How some of their struggles get recycled in adulthood, affecting work and love What a man can do to make peace with his past .The most effective way to communicate with and offer feedback to men

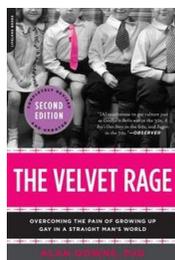
My Child is Gay

PAR/HT/Css

How Parents React When They Hear the News- By [Bryce McDougall](#)



Each year a number of brave men and women will sit down and tell their parents that they are gay. By the time they tell their parents they will have lived with this knowledge for some time. It is often the parents who have only a split second to react. My Child is Gay is a compilation of letters written by parents who have a gay or lesbian child. The letters have been written to be shared - both to help parents cope with and come to term with their feelings, and for gay men and women who are contemplating sharing the truth. Few parents are accepting from the start and many feel perplexed. They are unsure where to turn to for help and how to deal with their feelings of grief and loss. Here the parents talk about how they dealt with the many emotions they experienced - anger, embarrassment, guilt and confusion. Together these letters reaffirm the regenerative power of love and allow those with first hand experience to outline the important steps on the road to understanding. My Child is Gay shows how ordinary families have found love and happiness again. Allen & Unwin: 15+years



Overcoming the Pain of Growing Up Gay in a Straight Man's World

By [Alan Downs](#)

A groundbreaking examination of the psychology of homosexuality, why it leads to shame over one's identity and how to overcome it

About the Author

Alan Downs, PhD is a clinical psychologist practicing in Beverley Hills, California. The former CEO of Michael's House Treatment Center, Downs now maintains a thriving private psychotherapy practice and an intensive outpatient addiction programme.

Reviews "The Velvet Rage is becoming a touchstone in gay culture just as Christopher Isherwood's Goodbye to Berlin was in the 30s, Edmund White's A Boy's Own Story in the 60s and Larry Kramer's Faggots in the 70s." (Observer Magazine)"

"They know deep down that they are different, but as young people do, they don't view that "difference" in a positive, healthy light. They come to believe that they are inherently flawed, unlovable, second-class citizens. With this incorrect thinking comes shame followed closely by anger, which, in turn, is directed inward." [Da Capo Lifelong](#)

Books: 15+ years

Picking Up the Pieces After Domestic Violence: A Practical Resource for Supporting Parenting Skills

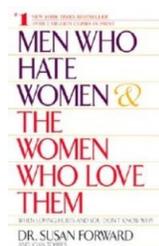


By [Kate Iwi](#), [Chris Newman](#)

How does domestic violence affect children and parents, and their relationships with each other? How can a parent who has been abused regain authority over the children? Can a parent who has scared a child in the past engage in child discipline? "Working with Parents and Domestic Violence" includes expert advice and techniques, as well as exercises and worksheets for use with both abusing and non-abusing parents.. Domestic violence can have a powerful and distorting impact on the family.. Children may feel threatened by or protective towards their parents and family power relationships turned upside down. Parents are left struggling with issues of separation, wondering how to discuss what's happened and how to adapt to the changes in the family dynamic. Borrowing from different areas of parenting work to meet the varying needs of both abusing and non-abusing parents, this toolkit offers guidance on risk assessment and provides a framework for assessing parents' needs. This book includes all the materials needed to create a sequence of engaging group or individual sessions, including worksheets, ideas for role plays, safety plans and family agreements. This practical step-by-step guide will benefit children and family social workers, children's centre workers, therapists, counsellors and anyone supporting a family recovering from the trauma of domestic violence.

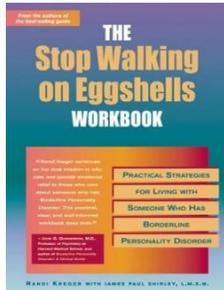
Table of Contents Introduction. Needs Assessment and Risk Management. Getting Started. Goal Setting. Agreements and Safety Planning. Techniques for Consistent Non-Abusive Discipline. Working with Parents on the Impact of Domestic Violence on their Children. Helping Parents Make Links With Their Own Experience of Being Parented. Helping Parents Understand their Child's Development. Becoming More Parent Centred. Becoming more Child Centred. Therapeutic Parenting. Domestic Violence and Parental Separation. References. Index. [Jessica Kingsley Publishers](#) 15+ years

Men Who Hate Women and the Women Who Love Them



When Love Hurts and You Don't Know Why : By [Susan Forward](#)

Forward is a therapist, author, and talk-show host whose specialty is abusive relationships. This book grew out of her realization that her own marriage as well as those of many of her clients followed a pattern. Many men need to control their relationships completely and consequently are mentally (if not physically) abusive. They denigrate their partners, resent them if they have any outside interests, and become furious for trivial reasons. Women with low self-esteem are drawn to these men because they can also be charming and devoted. Forward devotes the first half of the book to an analysis of the problem, the second half to breaking the pattern and getting outside help. No bibliography, but competent and interesting, and sure to be popular.



By [Randy Kreger](#) 21 July 2003

Author Randi Kreger draws on the practical wisdom of the community of relatives and friends of those who have borderline personality disorder that formed in response to her bestselling guide, Stop Walking on Eggshells. Her new workbook offers a wealth of practical strategies to help readers set and enforce limits, care for themselves, and cope with living with someone who has this volatile and exhausting condition.

The symptoms of borderline personality disorder include severe mood shifts, unfounded accusations and wildly inappropriate displays of anger, a range of self-destructive behaviours, and frantic efforts to avoid abandonment. For the friends and families of those who have the disorder, the emotional fallout can be devastating. In the first book "Stop Walking on Eggshells", author Randi Kreger drew on her own experience to help readers understand BPD and begin to recognize what they could do to cope with the disorder and begin to take care of themselves. The response was overwhelming, producing thousands of emails to the author's website and a wealth of insight and understanding. In The Stop Walking on Eggshells Workbook, Kreger draws on this material, together with extensive new research, to provide a workbook of practical, proven advice to help readers successfully survive life with someone who has BPD. Readers begin by facing their core beliefs about BPD and learning what they need to do

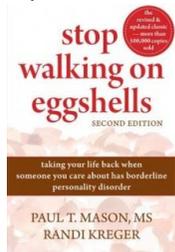
to handle their own negative feelings and transform their assumptions about the person with BPD in their life. Step-by-step suggestions help readers set and enforce personal limits, communicate clearly, cope with putdowns and rage, develop a safety plan, and make realistic decisions. Interwoven throughout the text are an array of worksheets, checklists, and exercises that build on one another and enable readers to apply the suggestions they find to their own lives.

Stop Walking on Eggshells

BM/Rel

Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

By [Paul T. Mason](#), [Randi Kreger](#) ; 2010



Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are "walking on eggshells" to avoid the next confrontation?

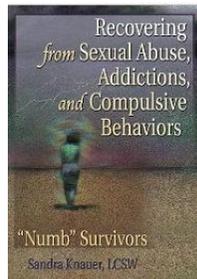
If the answer is "yes," someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviours. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life.

This compassionate guide will enable you to: Make sense out of the chaos Stand up for yourself and assert your needs, Defuse arguments and conflicts, Protect yourself and others from violent behaviour

"This book is urgently needed now that a National Institutes of Health study shows that 6 percent of the general population has borderline personality disorder (BPD). I constantly get requests from families needing resources on BPD, and I recommend "Stop Walking On Eggshells "almost every time. This second edition is really easy to read and packed with even more useful tips for family members in distress." [New Harbinger Publications](#): 15+ years

Explore the connection between sexual victimization, addiction, and compulsive behaviors.

By Sandra Knauer LCSW. 2002



This book demonstrates what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. The information in *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships.

Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction. *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* examines issues that survivors often have regarding:

- *trust and friendship
- *sexuality and sexual addiction
- *marriage and family
- *religious addiction as opposed to spirituality
- *alcohol and substance abuse
- *workaholicism
- *weight issues and eating disorders
- *violence as the result of shame, fear, and depression caused by abuse

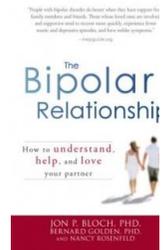
Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors is more than a litany of the problems that survivors face. This valuable work will show you:

- HOW the survivor came to employ addictive or compulsive behaviors
- WHY the survivor continues to employ these self-abusive behaviors despite the pain caused by the addiction
- WHAT the survivor needs to do to aid recovery
- WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors

With its complete bibliography on sexual abuse, addictions, and compulsive behaviors, *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.

The Bi-Polar Relationship

Rel/BM/SH



How to Understand, Help, and Love Your Partner

By [Jon P. Bloch](#), [Bernard Golden](#) (With), [Nancy Rosenfeld](#) (With) "The Bi-Polar Relationship" discusses common relationship issues within the context of bipolar disorder. Dr. Jon Bloch first describes and explains the disorder, so that partners can better understand what their loved one is going through. From a brief synopsis to treatment options and information on medications and side effects, readers will find relief in understanding what's normal, what's not, and what might change and what definitely won't. Dr. Bloch then takes a deep dive into what it really means, day by day, to be a part of a relationship affected by bi-polar. He provides information and advice on the following topics: Communication, Trust and Loyalty, Family Planning, Finances, Sex, and Maintaining a Sense of Self. By understanding the reality of bi-polar and what it means for a relationship, couples will be able to better relate to each other and plan for a successful future together. [15+ years](#)