



But He'll Change: End the Thinking That Keeps You in an Abusive Relationship

Joanna V Hunter

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He loves me. He has a really sweet side. I am all he has.

If only his boss wouldn't put him under so much stress.

At least he doesn't hit me. He won't do it again.

I can't do anything right.

In this compassionate book, Joanna V. Hunter helps women face, head on, the excuses they tell themselves that keep them in abusive relationships. Using expert advice complemented by her story and the stories of dozens of other women who have survived and turned away from domestic violence, Hunter teaches women to identify the lies they've accepted, understand what healthy thinking sounds like, stop taking the blame for their partner's behavior, identify power and control plays, and stick up for their own needs and plans for their safety.

With each self-defeating message addressed in *But He'll Change*, Hunter offers counter messages designed to help women build strength and hope. Readers will develop the tools to operate not as victims, but as survivors, understanding the power that they hold to change their lives.

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