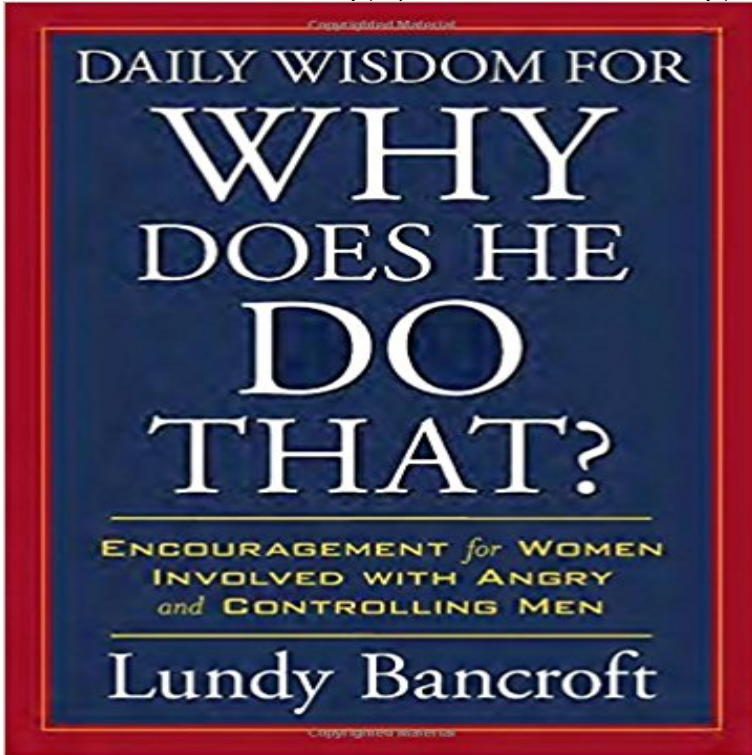


# Daily Wisdom for Why Does He Do That?: Encouragement for Women Involved with Angry and Controlling Men



Each new day. One new meditation. One new step forward. Even if you've read Why Does He Do That?, it may be hard to see the truth of what is happening to you. You may feel overwhelmed by confusion, loss, and fear, and find yourself looking away from the truth and falling back into traumatic patterns. What you need is something that is there for you every day to help you make a long series of little changes that will ultimately add up to a big one. Like a constant friend, this collection of meditations is a source of strength and reassurance designed to speak to women like you, women in relationships with angry and controlling men. It helps you to digest what is happening a piece at a time, so that you can gain clarity, safety, and freedom. To learn to value and respect yourself even when your partner makes it very clear that he does not each day centers on one of seven themes designed to empower, encourage, and inspire you ...

- Each New Day
- Clarity
- Your Own Best Friend
- Your Relationships
- Healing
- Guiding Children
- Surviving to Thrive

You will see the truth in your destructive relationship. You and your children will survive. And with these encouragements even tomorrow will be a better day than today.

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