The Women’s Center
Suggested Reading List

Domestic Violence:

Getting Free: You Can End Abuse & Take Back Your Life, by Ginny NiCarthy

When Love Goes Wrong: What to do when you can’t do anything right, by Ann Jones & Susan Schechter

The Verbally Abusive Relationship: How to recognize it and how to respond, by Patricia Evans

Coercive Control, by Evan Stark

But I Love Him: Protecting your teen daughter from controlling, abusive dating relationships, by Dr. Jill Murray

A Private Family Matter: A memoir, by Victor Rivas Rivera

But He’ll Change: End the Thinking That Keeps You in an Abusive Relationship by Joanna V. Hunter

It’s My Life Now: Starting Over After an Abusive Relationship or Domestic Violence by Meg Kennedy Dugan & Roger R. Hock

Why Does He Do That? Inside the Minds of Angry and Controlling Men by Lundy Bancroft

Healing the Trauma of Domestic Violence – A Workbook for Women by Edward S. Kubany et al.

Dragonslippers: This is What an Abusive Relationship Looks Like by Rosalind Penfold

Not to People Like Us: Hidden Abuse in Upscale Marriages, by Susan Weitzman
Family and Friends' Guide to Domestic Violence: How to Listen, Talk and Take Action When Someone You Care About is Being Abused by Elaine Weiss

Children and Domestic Violence:

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse by Lundy Bancroft

Sexual Assault:

The Rape Recovery Handbook: Step-By-Step Help for Survivors of Sexual Assault by Aphrodite Matsakis

Resurrection After Rape: A Guide to Transforming from Victim to Survivor by Matt Atkinson

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse by Wendy Maltz

I Can’t Get Over It: A Handbook for Trauma Survivors by Aphrodite Matsakis

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk

Intimate Partner Sexual Violence:

Real Rape, Real Pain: Help for Women Sexually Assaulted by Male Partners by Patricia Easteal and Louise McOrmond-Plummer

Child Sexual Abuse/Incest:


The Survivor’s Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse by Sylvia Haines
For Men


Recovery For Male Victims Of Child Sexual Abuse by Hank Estrada

Leaping Upon the Mountains: Men Proclaiming Victory over Sexual Child Abuse by Mike Lew

Speaking Our Truth: Voices of Courage and Healing for Male Survivors of Child Sexual Abuse by Neal King

The Male Survivor: The Impact of Sexual Abuse by Matthew Parynik Mendel

Victims No Longer The Classic Guide for Men Recovering from Sexual Child Abuse by M. Lew

Men in My Town by Keith Smith

Same-Sex Rape & Abuse

Violent Betrayal: Partner Abuse in Lesbian Relationships by Claire Renzetti

Intimate Betrayal: Domestic Violence in Lesbian Relationships by Ellyn Kaschak

Naming the Violence- Speaking out about Lesbian Battering by K. Lobel

Male On Male Rape: The Hidden Toll Of Stigma And Shame by Michael Scarce

Woman to Woman Sexual Violence: Does She Call it Rape? by L. Girshick

Violence in Gay and Lesbian Domestic Partnerships by Claire M Renzetti

Other:

Learned Optimism: How to Change Your Mind and Your Life by Martin Seligman

The Gift of Fear and other survival signals that protect us from violence by Gavin de Becker

The PTSD Workbook-Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Mary Beth Williams and Soili Poijula

The Relaxation and Stress Reduction Workbook by Martha Davis et al.
Seeking Safety – A Treatment Manual for PTSD and Substance Abuse by Lisa M. Najavits


Tapping In by Laurel Parnell

Trauma and Recovery by Judith Herman

Online Resources

www.pandys.org Pandora’s Project: nonprofit organization dedicated to providing information, support, and resources to survivors of rape and sexual abuse and their friends and family.

www.dailystrength.org Online support groups for over 500 issues

www.ascasupport.org Adult survivors of child abuse

www.aftersilence.org For survivors of domestic and sexual violence

www.forge-forward.org For transgender survivors of violence

www.1in6.org For male survivors of childhood sexual abuse

www.aphroditewounded.org Support for women sexually assaulted by male partners

www.loveisrespect.org/ Empowering youth to end dating abuse

Mobile Apps

Mindfulness Coach

PTSD Coach

Zen Friend

Headspace