



# Violent No More: Helping Men End Domestic Abuse

*Michael Paymar*

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## **Violent No More: Helping Men End Domestic Abuse** Michael Paymar

*Violent No More* is for men who have struggled with or are currently being violent in an intimate relationship. Filled with real stories of men who have harmed the ones they love and found the courage to change, this highly acclaimed book has helped thousands acknowledge and reform their abusive behavior. Author Michael Paymar doesn't sidestep the unpleasant reality of domestic violence—including here are the sometimes shocking first-person accounts of violent men, along with those of battered women. More importantly, many of these stories illustrate the ways in which men were able to stop their use of violence and control. This edition contains four new chapters which address the challenges faced by practitioners who work with domestic violence offenders or victims, and the particular struggles faced by combat veterans returning from war, many of whom come home with PTSD and other mental health issues. With group exercises and individual goal-setting plans to help men find healthy ways of responding to conflict, change the cultural conditioning that condones violence, and avoid reverting to old patterns, *Violent No More* is an essential guide for men dealing with violence issues, as well as for the professionals who assist in their efforts to improve.

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