



Daily Wisdom for Why Does He Do That?

Lundy Bancroft

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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.

Daily Wisdom for Why Does He Do That? Details

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From Reader Review Daily Wisdom for Why Does He Do That? for online ebook

Vivek Reddy says

As a man, I was curious in knowing and understanding about the psychology of why some men behave the way they do, including myself. And yes lot of what's mentioned in this book is true. However I was just left with sadness after reading this book, as there was not even a single page of positive statements about men.

Brandie Cassella says

I love this guy he totally gets it.

Meztli says

As a survivor of an abusive relationship, this book has been a tremendous aid for me being able to move on from my abuser. It helped me see that I do have a future outside of the abuse I endured and contrary to what I was led to believe, that I can go on without him. It was a difficult read and I had to stop many times, but aside from learning very valuable things, there were very comforting reminders that I do deserve more than what I'm getting. Some of the segments didn't apply to me as they were about if you had children, but I found that they were still useful to read. I would most definitely recommend this to others who have gone through damaging relationships alongside the preceding book, Why Does He Do That?

Corrie Henderson says

This book is great for anyone who has suffered through domestic violence, or was raised in a battered home .. Very well written self help book

Shauna Durbin says

I pre-ordered this book and received it today. Already I was in tears just from the introduction. I was thinking to myself this past week, "Why is this so hard to leave when I see the truth?" The illustration of the rope hit the nail on the head. This book seems to be an encouraging, hope filled, piece of work that I am looking forward to working through one day at a time. Thank you Lundy Bancroft for being willing to encourage those of us in abusive relationships. It gives me the hope to carry on and do the next right thing for myself and my children.

Donna Greene says

Helpful and supportive

I read the first book which was incredibly informative. Decided to read this one and found it supportive. This author understands things women go through more than any of the tons of counselors I have been to.

Amy Zilberman says

A godsend.....

Having read "Why Does He Do That?" I was hopeful this would contain more insight and support that I desperately needed. This did not disappoint. I will definitely be rereading this. Lundy Bancroft you are wonderful. Thanks so much for your wisdom and understanding. Your patience and acceptance shine through in your writing and truly moved me.

Zade says

Derived from the information contained in Bancroft's other books, *Why Does He Do That?: Inside the Minds of Angry and Controlling Men*, *Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can--and Should--be Saved*, and *When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse*, this book provides a year's worth of daily encouragements and exercises for people living in abusive relationships. Each day of the week has a theme, such as "Guiding Children" and "Clarity." The book can be used in the order it's laid out, or the reader can pick one theme that seems particularly relevant and work through all the entries as a unit.

The nice thing about this book is that it gives the reader a daily dose of reality to counter the distorted view of life s/he gets from the abuser and the inevitable effects of abuse on the psyche.

Hint: If you are afraid to buy this book because you think your abuser might find it, consider the audio book. You can listen to it on your phone or an mp3 player and it's much easier to hide. Just a thought.

For people who want to support a person in an abusive relationship, I highly recommend the original *Why Does He Do That?: Inside the Minds of Angry and Controlling Men*. It's a trove of information and will help you understand both the abuser's behavior and its effects on his victims.

Lindsey Bachmann says

My main "criticism" of *Why Does He Do That?* was that it could be difficult to get through. The subject matter is triggering and heavy, and while the book does a fantastically thorough job, readers may need to take breaks in order to process it. The *Daily Wisdom* companion is a perfect complement to that. It introduces the main tenets of WDHDT without overwhelming the reader by presenting it in concise, poignant snippets. You can get through the book very quickly and it articulates very important, rewarding

principles that will really resonate with someone who is going through abuse, and/or those who love someone who is. I highly recommend this book!

Laurice Grae-Hauck says

A great companion to "Why Does He Do That?" or effective on its own, this book is full of page long readings to help you reframe your abuser's actions and to help you find ways to cope. A daily dose of encouragement may be all you need. I keep a copy in the bathroom and read from it "when I have a chance".

Terry says

Helpful advice, not always Germaine to your situation.

KatieMc says

An excellent practical guide for those in abusive relationships. It's less clinical and jarring than his first book Why Does He Do That?: Inside the Minds of Angry and Controlling Men and likely easier for those in abusive relationships to read. While he doesn't sugar coat things or give false hope, Mr. Bancroft is an empathetic voice and understands the difficulty and plight of those in abusive relationships.

Sarah says

This is a great read with helpful advice not just for women in abusive or manipulative relationships, but all women. Each reading can be used as a tool for facing, understanding and potentially improving various areas of a relationship. While it recalls abusive patterns, types of abusers and other content from the original book, you don't have to have read Why Does He Do That? to benefit from this companion.
