



Love Without Hurt: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One

By Steven Stosny

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Are you the victim of a chronic anger, verbal or emotional abuse? Do you constantly second-guess your thoughts and behavior to avoid being hurt or put down by your husband or boyfriend? If you are among the one out of three women trapped in a hurtful relationship, you *can* end the abuse and rebuild a loving, compassionate environment for you and your family. In *Love Without Hurt*, psychotherapist Dr. Steven Stosny explains the many forms of verbally and emotionally abusive relationships so you can identify abuse and why it's so important to take action to change your relationship—especially because, if you have children, they have become innocent victims of the same abuse. Drawing from the revolutionary techniques of his CompassionPower “boot camp,” this practical program shows you self-healing techniques to help you recover from the pain and abuse, as well as methods for your partner to rewire his anger, resentment, and abusive behavior. *Love Without Hurt* is an essential guide for ending the cycle of resentment, pain, and abuse and developing a loving relationship.

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Editorial Review

Review

"Clear, timely, and on the mark." -- *Library Journal*

"This stunning book will touch men and women in powerful and different ways. A hard-nosed yet compassionate and hopeful look into the heart of toxic resentment in marriage. No married man or woman who reads this book carefully will be the same afterward." -- *William J. Doherty, Ph.D., author of Take Back Your Marriage*, and director, Marriage and Family Therapy Program, University of Minnesota

About the Author

Steven Stosny, Ph.D., has successfully treated thousands of troubled clients over two decades as CompassionPower's founder and director. He has appeared multiple times on the Oprah Winfrey Show.

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