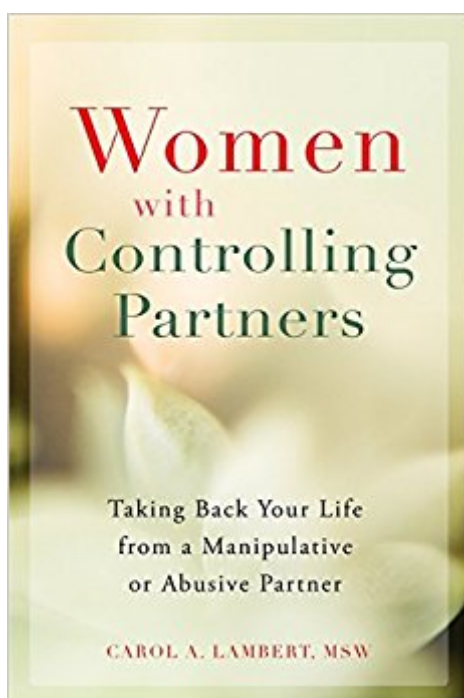


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# Women With Controlling Partners: Taking Back Your Life From A Manipulative Or Abusive Partner



## Synopsis

"A poignant and necessary book for all women who live in fear in their own homes." —Library Journal  
A controlling or abusive partner can break even the strongest person—unless you know what to look for. Written by an expert in intimate partner abuse and based on her highly successful recovery program for women with controlling partners, this book will give you the strength, courage, and strategies you need to acknowledge the problem and stand up for yourself once and for all—whether you stay or leave the relationship. If you have a controlling partner, you aren't alone. Millions of women suffer psychological abuse at the hands of a spouse or intimate partner during some point in their lives, not fully seeing or knowing what is happening to them. Research shows that psychological abuse affects women's overall well-being more than physical abuse, is a bigger contributor to inducing fear, and can be a precursor to violence. To make matters worse, having a controlling partner often results in hidden injuries like anxiety, depression, low self-esteem, trauma, and low self-efficacy—feeling like you can't make a difference in your life. So, where can you turn for help? Based on over a decade of clinical and domestic abuse research, *Women with Controlling Partners* will help you identify the coercive constraints that can be predictive of intimate partner abuse, recognize the harmful effects of psychological abuse on your mental and physical health, and gain the personal strength and power to break free. Using the author's three-stage recovery model, you'll be empowered to move out of denial, deconstruct what holds you psychologically captive, and take back your life. Abuse can be devastating, and having a controlling partner can make you feel crazy—and as if you're the one responsible. But you're not crazy, and you're not to blame! With this important, one-of-a-kind recovery process, you'll finally find the clarity of mind, courage, and strength to protect yourself from the hurtful control that damages your mental and physical health, and move toward a safer and happier life.

## Book Information

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## Customer Reviews

“Women with controlling partners don’t merely suffer blows to their self-esteem and confidence; they also gradually and insidiously lose their sense of who they are. Deeply validating and brimming with practical advice and wisdom, *Women with Controlling Partners* guides readers through the often subtle process of psychological abuse, helping them escape the confusion and shame that enshroud their experience by offering a detailed road map back to themselves—and their lives. Their journey is made all the more reassuring by the rich voices of women who’ve traveled the exact same path in Lambert’s recovery groups and arrived at their final destination—freedom—feeling deeply empowered.”

—Craig Malkin, PhD, Harvard Medical School lecturer and author of the internationally acclaimed *Rethinking Narcissism*

“This book offers an important opportunity for the multitude of women who are in relationships that are controlling, but who do not resonate with the term ‘intimate partner violence.’ It presents straightforward information about the insidious consequences that can occur from being in a relationship with someone who is controlling, and the levels of harm that can occur over time that may not be obvious to the person herself. Through this book, the reader can receive support, clarity, and guidance from the thousands of women who Carol Lambert has listened to and has combined their collective wisdom and courage. Mental health clinicians can also benefit from this book in deepening their understanding of the complexities of these types of relationships and the importance of patience, collaboration with community resources, and the power of peer voices and support.”

—Janet Yassen, LICSW, Acute Crime Crisis Services Coordinator of the Victims of Violence Program at the Cambridge Health Alliance, Harvard Medical School faculty, and cofounder of the Boston Area Rape Crisis Center

“An eye-opening exploration of how women become trapped in dysfunctional relationships with their angry and controlling partners. This is a gripping narrative that can lead women on a life-changing journey from denial to knowledge, from understanding to recovery. As a survivor of domestic abuse, I found this book true to my experience. It validated my pain, exposed the tactics of my controlling partner, and showed the way toward reclaiming my self-respect and autonomy. I recommend this book to anyone who has experienced domestic abuse, and to all those who care for them.”

—Pamela, survivor of domestic abuse

Lambert, a psychotherapist with over 30 years of domestic violence expertise, has written a

guidebook for women who suspect their boyfriend or spouse's behavior is controlling. She explains in depth components of psychological abuse and how low self-esteem feeds into the pattern beginning with small exploits and continuing with controlling tactics and possible physical harm. Lambert depicts numerous scenarios and repeated behaviors that indicate abuse and affirms readers' rights to be treated with respect. She provides exercises for building strength and countering domineering tactics. A wealth of websites and battered-women hotlines are included in the appendixes. **VERDICT:** A poignant and necessary book for all women who live in fear in their own homes." —Library Journal

Carol A. Lambert, MSW, is a psychotherapist and domestic violence expert with three decades of clinical experience helping individuals and groups, and a career-long commitment to women's psychological health. Since 1993, she developed a unique approach and cofounded the Recovery Groups for Women with Controlling Partners that bring together insights from mental health, trauma recovery, and domestic violence. At McLean Hospital, a psychiatric hospital affiliated with Harvard Medical School, she provides domestic violence training and consultation. Over the years, her expertise took her from educating volunteers in a domestic violence program affiliated with local police to providing training and consultation to the National Football League. In all her endeavors, she brings critical attention to psychological abuse and the major losses to women's mental and physical health. She's currently in private clinical practice in Belmont and Concord, MA.

This book is not just for women in abusive relationships. This book is for all women. Every single woman should read this book. It is absolutely necessary to fully understand something that you can't see once trapped in it. Any woman could wake up and find themselves in this situation. No woman is immune. No woman is to blame. No woman caused it to happen to them. Many women don't know how they got trapped because it happens very subtly. Read this book to get out of the trap and read this book to prevent ever being trapped. There is a way out! Allow Carol Lambert to lead the way. She does an excellent job efficiently communicating her life's work and expertise in helping women successfully get out of controlling relationships. She demonstrates an amazing understanding and through her book she has scripted an efficient path to follow. I highly recommend following her guidelines for journaling. This is a journey you may be very scared to take but have faith that once you get to the other side, it will be so worth the risk. Nothing compares to getting yourself and your life back.

Ms Lambert has written an excellent summary of her decades work with women of abusive partners. The book should be read by every mental health professional, especially males. She articulates in straight forward language the complex nature of abusive and controlling relationships, I have treated individuals and couples for four decades and wish I read Ms. Lambert's book at the beginning of my career.

Wonderful educational book by expert in the field. This is a well written book for clinician or for a person who is dealing with such a situation themselves. Can be an adjunct to psychotherapy.

I have known Carol for many years and was honored to read the book. I can hear "her voice." She is having a quiet conversation with you. She guides you through the cycle of becoming aware and recognizing an abusive situation, then helps you deconstruct what holds you captive in the cycle with your loved one. You are then empowered to find your voice and seek action. Carol is affirming throughout. There are many personal exercises to help you assess your own situation. This is critical book to read for anyone concerned about their personal relationship with a loved one. It is a good check and balance read for everyone in an intimate relationship

I was fortunate to receive a pre-publication copy of this book as part of my work. I didn't anticipate learning very much from it but I did. I gradually came to understand how controlling a previous partner had been. I had inklings but failed to grasp the full scope of his controlling nature until I laid my hands on this book. Controlling partners can be insidious in their behavior. Often, they try to wrap their controlling ways in the appearance of love or concern or support. But when the veil of confusion lifts, one can see the behavior for what it is: a form of domestic abuse. As I read Carol Lambert's book, written so gently, I came to fully understand the danger I was in coupled with my relief at following my intuition and getting out of that dangerous relationship before I was injured.

If you have someone in your life who's stuck with a controlling partner, not necessarily even a man who physically controls, but someone who is emotionally controlling in any way, this book could save her! Carol Lambert's stories from her recovery groups help readers relate, admit to their feelings and feel hopeful and empowered, even.

Although *Women with Controlling Partners* was written for women who are in controlling relationships, it should be read by everyone – particularly by those approaching a new

relationship. This book helps the reader understand how a controlling relationship works -- how things can go wrong and what signs to look for early in the relationship. Using clear language and stories from women in her recovery groups, Lambert helps the reader become informed about controlling relationships and understand the ways in which they can cause physical and psychological damage. Based on her decades of experience facilitating recovery groups for women in controlling relationships, Lambert outlines an effective recovery process that helps women recognize the problem, understand what holds them captive, and empowers them to reclaim themselves. Lambert explains that few people are aware of the effects of coercive control which she describes as a "slow, insidious and nearly invisible condition of coercion that entraps a woman within her most intimate relationship. So well hidden, this entrapment can go undetected even by the woman herself." With that in mind, this book includes a series of exercises that reveal conditions within the relationship and reinforce the concept that no one deserves to be controlled and no one is responsible for the actions of their controlling partner. By recognizing patterns of controlling actions, readers can learn to take back control of their lives and feel strong again "strong enough to decide what actions to take. Everyone should be aware of these issues " if not for our selves, then to be knowledgeable for friends and relatives. For those readers not directly involved in a controlling relationship, this book provides information that will prepare them to offer support to others.

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