



# Learning to Live Without Violence: A Handbook for Men

*Daniel Jay Sonkin Ph.D., Michael Durphy M.D.*

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A Handbook for Men. Used by counselors and therapists across the country . . . especially for the court-ordered perpetrator. Starting in the early 1980s, "Learning To Live Without Violence: A Handbook For Men" set the standard for the treatment of batterers. Provides techniques and suggestions to help men in the continuation of their journey away from violence, fear and anxiety. "Learning To Live Without Violence" is the anger avoidance workbook helping thousands of readers to overcome domestic violence. "Learning To Live Without Violence" is a compendium of tools and exercises that can be used independently or in the context of a counseling program. --Midwest Book Review

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