



When Men Batter Women: New Insights into Ending Abusive Relationships

By Neil Jacobson, John Gottman

Download now

Read Online 

When Men Batter Women: New Insights into Ending Abusive Relationships

By Neil Jacobson, John Gottman

While national awareness of the issue of battering has increased in recent years, certain myths regarding abusive relationships still endure, including the idea that all batterers are alike. But as Neil S. Jacobson, Ph.D., and John Gottman, Ph.D., explain, this is not the case. Drawing on the authors' own research, *When Men Batter Women* offers a significant breakthrough in our understanding of the men who become batterers—and how to put a stop to the cycle of relationship violence.

After their decade of research with more than 200 couples, the authors conclude that not all batterers are alike, nor is the progression of their violence always predictable. But they have found that batterers tend to fall into one of two categories, which they call "Pit Bulls" and "Cobras." Pit Bulls, men whose emotions quickly boil over, are driven by deep insecurity and an unhealthy dependence on the mates whom they abuse. Pit Bulls also tend to become stalkers, unable to let go of relationships that have ended.

Cobras, on the other hand, are cool and methodical as they inflict pain and humiliation on their spouses or lovers; in one chilling discovery, the authors found that during violent arguments and physical beatings the heart rate of Cobras actually *declines*. Cobras have often been physically or sexually abused themselves, frequently in childhood, and tend to see violence as an unavoidable part of life.

Knowing which type a batterer is can be crucial to gauging whether an abusive relationship is salvageable (Pit Bulls can sometimes be helped through therapy) or whether the situation is beyond repair. Using the stories of several couples in their study, Jacobson and Gottman look at the dynamics of abusive relationships, refuting prevalent myths ("battering often stops on its own" or "battered women could stop the battering by changing their own behavior"). Never underestimating the inherent risk or danger involved, the authors discuss how women in their study group prepared themselves to leave an abusive relationship, where a battered woman can get help, and how she can keep herself safe.

Written with compassion and insight, *When Men Batter Women* offers invaluable advice and support to women in abusive relationships, as well as to friends,

relatives, and caregivers who want to help.

 [Download When Men Batter Women: New Insights into Ending Ab
...pdf](#)

 [Read Online When Men Batter Women: New Insights into Ending
...pdf](#)

When Men Batter Women: New Insights into Ending Abusive Relationships

By Neil Jacobson, John Gottman

When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman

While national awareness of the issue of battering has increased in recent years, certain myths regarding abusive relationships still endure, including the idea that all batterers are alike. But as Neil S. Jacobson, Ph.D., and John Gottman, Ph.D., explain, this is not the case. Drawing on the authors' own research, *When Men Batter Women* offers a significant breakthrough in our understanding of the men who become batterers—and how to put a stop to the cycle of relationship violence.

After their decade of research with more than 200 couples, the authors conclude that not all batterers are alike, nor is the progression of their violence always predictable. But they have found that batterers tend to fall into one of two categories, which they call "Pit Bulls" and "Cobras." Pit Bulls, men whose emotions quickly boil over, are driven by deep insecurity and an unhealthy dependence on the mates whom they abuse. Pit Bulls also tend to become stalkers, unable to let go of relationships that have ended.

Cobras, on the other hand, are cool and methodical as they inflict pain and humiliation on their spouses or lovers; in one chilling discovery, the authors found that during violent arguments and physical beatings the heart rate of Cobras actually *declines*. Cobras have often been physically or sexually abused themselves, frequently in childhood, and tend to see violence as an unavoidable part of life.

Knowing which type a batterer is can be crucial to gauging whether an abusive relationship is salvageable (Pit Bulls can sometimes be helped through therapy) or whether the situation is beyond repair. Using the stories of several couples in their study, Jacobson and Gottman look at the dynamics of abusive relationships, refuting prevalent myths ("battering often stops on its own" or "battered women could stop the battering by changing their own behavior"). Never underestimating the inherent risk or danger involved, the authors discuss how women in their study group prepared themselves to leave an abusive relationship, where a battered woman can get help, and how she can keep herself safe.

Written with compassion and insight, *When Men Batter Women* offers invaluable advice and support to women in abusive relationships, as well as to friends, relatives, and caregivers who want to help.

When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman Bibliography

- Sales Rank: #987710 in Books
- Brand: Brand: Simon n Schuster
- Published on: 1998-03-10
- Original language: English
- Number of items: 1
- Dimensions: 9.57" h x .97" w x 6.46" l,
- Binding: Hardcover

- 304 pages

 [Download When Men Batter Women: New Insights into Ending Ab ...pdf](#)

 [Read Online When Men Batter Women: New Insights into Ending ...pdf](#)

Download and Read Free Online When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman

Editorial Review

Amazon.com Review

When Men Batter Women: New Insights into Ending Abusive Relationships by Neil Jacobson and John Gottman, is based on a decade of research with more than 200 couples in dangerous relationships. Jacobson and Gottman, professors at the University of Washington, use their work to shatter myths and shed new light on abusive relationships.

They introduce two types of batterers: Cobras and Pit Bulls. The Cobras, the more severely violent of the two, strike swiftly and ferociously, always remaining in control and feeling entitled to whatever they want, whenever they want it. Pit Bulls are more likely to lose control, letting their emotions burn slowly until they explode in anger. The research is brought to life with stories of real couples such as George and Vicky. We see the few months of happiness in their marriage before George's Cobra-like outbursts begin, and witness Vicky's desire to make their failing relationship work.

Research results and advice are woven throughout such accounts of how real people handled their situations. The authors address the many dangers of leaving an abusive spouse and the importance of forming a safety plan before doing so. Jacobson and Gottman do not come to optimistic conclusions about the ability to stop domestic violence or reform abusive men, but they *are* optimistic about the women. Their studies follow many women such as Vicky who ultimately left and began the difficult and courageous work of converting nightmares into dreams. --Amy Sessler

From Kirkus Reviews

A provocative psychological study of why men batter women and why women take it. For years many battered women have suffered from the misperception that being beaten is somehow their fault. After a 10-year study of 200 couples--60 of whom were studied intensively--psychologists Gottman (Univ. of Washington; *Why Marriages Succeed or Fail*, 1994, etc.) and Jacobson (Univ. of Washington) squash that myth and others in this revealing book. The uniqueness of their work begins with the methodology itself. The authors videotaped and observed nonviolent arguments of severe batterers and their spouses, and used control groups of nonviolent yet unhappily married couples. They also eliminated some of the subjectivity inherent in analyzing these arguments by hooking up couples to a variety of monitors that measured vital signs, such as heart rate and sweat flow, as they argued. As a result, the authors make a number of important new discoveries, including the delineation of two overall types of batterers. Pit Bulls, as they call one group, are violent because they are incredibly insecure. They fear losing their wives and therefore attempt to control them through physical and emotional abuse. Cobras, on the other hand, resemble the snake for which they are named, which "becomes quite still and focused just before striking its victim." They become internally calm during abuse, as evidenced from the fact that--unlike Pit Bulls, whose heart rates increase while verbally abusing their wives--Cobras' heart rates actually decrease. It is the Cobras, the authors argue, who are the more violent of the two groups. Refreshingly jargon-free, the book ends with specific advice about how our society could better deal with domestic violence and concrete suggestions for women wishing to leave abusive relationships. Since wife-battering has moved to the front of our collective consciousness, this is a useful book that deserves national attention. -- Copyright ©1998, Kirkus Associates, LP. All rights reserved.

Review

Elizabeth Loftus

Coauthor of "The Myth of Repressed Memory"

The most explosive and yet inspiring book ever written about domestic violence. This book will forever change the way we look at batterers and battered women: for anyone interested in insight into the nature of evil, or the resourcefulness of real heroism, this book is a must. It is the most intimate and lucid description of love gone bad that has ever been written. It is chilling, riveting, and will forever put an end to our ignorance about violence against women.

Ginny Nicarchy

Author of "Getting Free and the Ones Who Got Away - Women Who Left Abusive Partners"

Writing with respect for battered women's struggles for safety and their courageous survival strategies, Neil Jacobson and John Gottman offer fresh insights about men who batter. Their research jump-starts a new method of examining battering, and the book provides women with thoroughly accessible information to help them analyze their situations. Jacobson and Gottman's study challenges both conventional wisdom and professional assumptions, and will lead to further research about the questions all women want answered about abusive partners: why do they do it, and what will make them stop?

Pepper Schwartz, Ph.D. Author of "Love between Equals and the Gender of Sexuality" The most shocking and absolutely necessary observational study on abusive relationships of this decade. This will change the way the public, partners, and therapists will look at batterers, assess danger, and decide the likelihood of rehabilitation. The book is frightening because it is about violent men, but it is a must read. It has certainly changed my understanding of abusive relationships and how I would tell women to protect themselves.

Elizabeth Loftus Coauthor of "The Myth of Repressed Memory" The most explosive and yet inspiring book ever written about domestic violence. This book will forever change the way we look at batterers and battered women: for anyone interested in insight into the nature of evil, or the resourcefulness of real heroism, this book is a must. It is the most intimate and lucid description of love gone bad that has ever been written. It is chilling, riveting, and will forever put an end to our ignorance about violence against women.

Ginny Nicarchy Author of "Getting Free and the Ones Who Got Away - Women Who Left Abusive Partners" Writing with respect for battered women's struggles for safety and their courageous survival strategies, Neil Jacobson and John Gottman offer fresh insights about men who batter. Their research jump-starts a new method of examining battering, and the book provides women with thoroughly accessible information to help them analyze their situations. Jacobson and Gottman's study challenges both conventional wisdom and professional assumptions, and will lead to further research about the questions all women want answered about abusive partners: why do they do it, and what will make them stop?

"The most shocking and absolutely necessary observational study on abusive relationships of this decade. This will change the way the public, partners, and therapists will look at batterers, assess danger, and decide the likelihood of rehabilitation. The book is frightening because it is about violent men, but it is a must read. It has certainly changed my understanding of abusive relationships and how I would tell women to protect themselves."--Pepper Schwartz, Ph.D. Author of "Love between Equals and the Gender of Sexuality"

"Writing with respect for battered women's struggles for safety and their courageous survival strategies, Neil Jacobson and John Gottman offer fresh insights about men who batter. Their research jump-starts a new method of examining battering, and the book provides women with thoroughly accessible information to help them analyze their situations. Jacobson and Gottman's study challenges both conventional wisdom and professional assumptions, and will lead to further research about the questions all women want answered about abusive partners: why do they do it, and what will make them stop?"--Ginny Nicarchy Author of "Getting Free and the Ones Who Got Away - Women Who Left Abusive Partners"

"The most explosive and yet inspiring book ever written about domestic violence. This book will forever

change the way we look at batterers and battered women: for anyone interested in insight into the nature of evil, or the resourcefulness of real heroism, this book is a must. It is the most intimate and lucid description of love gone bad that has ever been written. It is chilling, riveting, and will forever put an end to our ignorance about violence against women."--Elizabeth Loftus Coauthor of "The Myth of Repressed Memory"

Users Review

From reader reviews:

Dean Rakestraw:

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each reserve has different aim as well as goal; it means that reserve has different type. Some people sense enjoy to spend their time for you to read a book. These are reading whatever they have because their hobby is usually reading a book. What about the person who don't like reading through a book? Sometime, man or woman feel need book after they found difficult problem or perhaps exercise. Well, probably you'll have this When Men Batter Women: New Insights into Ending Abusive Relationships.

David Briggs:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the guide untitled When Men Batter Women: New Insights into Ending Abusive Relationships can be great book to read. May be it may be best activity to you.

Alex Santana:

Your reading 6th sense will not betray a person, why because this When Men Batter Women: New Insights into Ending Abusive Relationships guide written by well-known writer who really knows well how to make book that may be understand by anyone who else read the book. Written in good manner for you, still dripping wet every ideas and producing skill only for eliminate your current hunger then you still doubt When Men Batter Women: New Insights into Ending Abusive Relationships as good book not only by the cover but also by the content. This is one book that can break don't judge book by its protect, so do you still needing yet another sixth sense to pick this!?! Oh come on your reading sixth sense already said so why you have to listening to one more sixth sense.

Curtis Graham:

Don't be worry for anyone who is afraid that this book will probably filled the space in your house, you can have it in e-book way, more simple and reachable. This kind of When Men Batter Women: New Insights into Ending Abusive Relationships can give you a lot of close friends because by you checking out this one book you have factor that they don't and make you actually more like an interesting person. This particular book can be one of one step for you to get success. This publication offer you information that possibly your

friend doesn't understand, by knowing more than other make you to be great people. So , why hesitate? Let me have When Men Batter Women: New Insights into Ending Abusive Relationships.

Download and Read Online When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman #PIRJMQTE6G3

Read When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman for online ebook

When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman books to read online.

Online When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman ebook PDF download

When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman Doc

When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman Mobipocket

When Men Batter Women: New Insights into Ending Abusive Relationships By Neil Jacobson, John Gottman EPub