

Invisible Chains:

Overcoming Coercive Control in Your Intimate Relationship

Lisa Aronson Fontes, PhD

"I wrote this book to help people avoid being caught in a web of coercive control, improve those relationships that can be improved, and disconnect from those that are toxic and will not change. No one should have to struggle along."— from the Introduction

Coercive control is a special kind of torment because it happens within a seemingly loving relationship. A woman may feel flattered when her partner wants to be with her at all times, and showers her with attention. But that devotion can lead to domination, jealousy, stalking and even physical violence. How can women recognise the signs of a dangerous partnership, and get out before it's too late?

Lisa Aronson Fontes draws on both personal and professional experience to provide insight and answer difficult questions. A psychologist with more than 25 years of experience treating women in abusive relationships, Lisa is also a survivor of stalking herself. "Women who get caught in the web of a controlling man are no different from other women," she writes in her new book, *Invisible Chains: Overcoming Coercive Control in Your Relationship* (Guilford Press, £9.99, April 2015). "Coercive control is largely invisible, and the men who use it often make a good impression in other settings." Once in the relationship, they often feel disoriented and confused—yes, their partner is doing and saying hurtful things, but isn't it out of passionate love?

With equal parts candour and expertise, Dr. Fontes helps women understand destructive patterns, untangle themselves from toxic relationships, and rebuild a sense of autonomy and self-esteem. She tackles difficult subjects including control through technology, mind games, and sex; coercive control in immigrant, military, teen, and LGBT relationships; what to do if you are stalked; and how to enter a new, healthy relationship.

Succinct, straightforward, and vividly illustrated with real life stories, this is the first comprehensive guide to overcoming coercive control. Dr. Fontes cuts to the heart of the matter and provides women with the crucial resources, information, and hope they need to break free and reclaim their lives.

Author Bio:

Lisa Aronson Fontes, PhD, has a doctorate in counselling psychology and has worked in the areas of child abuse, violence against women, and difficult family issues for over 25 years. A professor, researcher, and popular conference speaker, she teaches at the University of Massachusetts Amherst. She survived a relationship that included coercive control and stalking.

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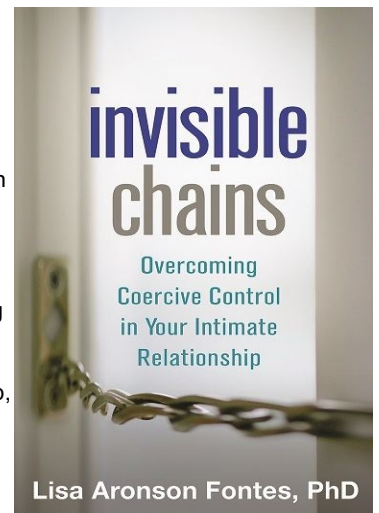
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