



## Violent No More: Helping Men End Domestic Abuse

By Michael Paymar

Hunter House. Paperback. Book Condition: New. Paperback. 256 pages. The author guides readers through the process of recognizing abusive behaviors, taking responsibility for them, and learning to express anger without violence. This new edition includes updated resources, additional exercises, and guidelines for men of different cultural and ethnic backgrounds. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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