Contents

ntroduction		1X
Prologue	e The Story of Anne	1
F	Part I Psychology of the Battered Wom	an
Inti	roduction	11
1	Myths and Reality	18
2	The Psychosocial Theory of Learned	
	Helplessness	42
3	The Cycle Theory of Violence	55
Part II	Coercive Techniques in Battering Relat	ionships
Inti	roduction	71
4	Physical Abuse	78
5	Sexual Abuse	107
6	Economic Deprivation	127
7	Family Discord	145
8	Social Battering	165
	=	

Part III The Way Out

Introduction		185
9	Safe Houses	191
10	Legal and Medical Alternatives	205
11	Psychotherapy	227
12	Designing a New Tomorrow	251
Resourc	ces	260
Index		261