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# Keep Your Hands To Yourself: 31 Daily Reminders For Domestic Violence Perpetrators



## Synopsis

Much has been said to survivors of domestic violence, the women (and men) who get abused by their partners. The pattern continues with the same statistics or worse: in the US, nearly 3 women killed every day by their intimate partners. For one who has been through and survived 2 marriages with domestic violence and having the battle scars to show for it, I can't tell you how grateful I am to still be here. There were many close calls but I am here to share the story and shed some light on the domestic violence plague. In my journey of life, I have come across diverse people from different walks of life. Domestic violence is more rampant and common than we think. Let me excuse myself at this point to clearly state that even though I chose to only address men in *Keep Your Hands To Yourself*, I do believe they are not the only perpetrators of violence against their partners. There are female perpetrators as well; but I have chosen not only to speak from my own experience, but to tackle this plague from an angle that has seen very little action before. Statistically and traditionally, men have been put out there to be the primary aggressors in intimate partner violence. Consequently, a lot has been said, written and offered to the women who are victims of domestic violence. So why does the cycle continue? I will offer you a premise. We are doing little to treat the problem from the root. No one is talking to the perpetrators, or talking to them at the right time - before they escalate. The aggressors are getting legally handled like they should. They are getting time or, like some do, just end their lives as they do their partner in murder-suicides. We want this pattern to end. We want to be able to reach the root cause of the domestic violence problem and address it from there. This book is an attempt to begin that conversation. I want to talk to the aggressors, figure out with them what is going on in their heads and help them deescalate and get help before someone is hurt. *Keep Your Hands to Yourself* is not an attempt to excuse their behavior; far from it. It is meant to be a thought-provoking guide to the violent man who is willing to change but has no idea how to go about it or if it's even possible. Now, to truly read *Keep Your Hands to Yourself* and get the message without getting offended, you are going to need to understand where I, the author, am coming from, and my sense of humor. In no way is this book meant to be a judgement call to those it addresses. This is the fruit of forgiveness, love, and a desire to see hurting men heal so they can stop hurting others. We all know hurt people hurt people. Not all abusive men have been abused before but a good majority of them have been proven to have experienced some traumatic event they never dealt with that is now translating to the hurt they keep perpetuating over and over in their relationships. *Keep Your Hands to Yourself* reminds these men their hands are meant to protect and build and not to tear down and ravage. It reminds men of who they are, helps them come face to face with some of the effects of

their behavior, and encourages them to believe that change is indeed possible and profitable. Pick it up. Send it to a friend you think may need it. Or a friend who knows a friend who may need it. Just lay it somewhere you think your abusive partner may come across. Send it to them and ask them what they think about it. My prayer is that as this goes out, men everywhere will begin to put serious thought to their actions and some change will be effected. Eventually, society will benefit from better statistics where domestic violence is concerned. Word of caution for victims of domestic violence: let someone else present this to your partner. You stay out of it and wait for your own spark of encouragement, the companion to this book - Bloom Where You're Bleeding: 31 Daily Affirmations for Domestic Violence Survivors. It will be here before you know it.

## Book Information

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