

# Welcome to the Sisterhood

## suggested reading list for survivors

**Why Does He Do That? Inside the Minds of Angry and Controlling Men**

*by Lundy Bancroft*

**Psychopath Free: Recovering from Emotionally Abusive Relationships with Narcissists, Sociopaths, and Toxic People**

*by Jackson Mackenzie*

**Unmasking Narcissism: A Guide to Understanding the Narcissist in Your Life**

*by Mark Eitzensohn, Psy.D.*

**Boundaries: When to Say Yes, How to Say No to Take Control of Your Life**

*by Dr. Henry Cloud & Dr. John Townsend*

**No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us**

*by Rachel Louise Snyder*

**A Cry for Justice: How the Evil of Domestic Abuse Hides in Your Church**

*by Jeff Crippen and Anna Wood*

**Power: Surviving and Thriving After Narcissistic Abuse (and other titles)**

*by Shahida Arabi*

**Goodbye Sweet Girl: A Story of Domestic Violence and Survival**

*by Kelly Sundberg*

**The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships**

*by Harriet Lerner, Ph.D.*

**The Verbally Abusive Relationship: How to Recognize It and How to Respond**

*by Patricia Evans*

If you'd like to recommend a title to be added to this list,  
please email it to me at [janna@womandetermined.com](mailto:janna@womandetermined.com).

*Breaking the Silence for Women/Facebook*