



## ***To Have and To Hurt***

### ***Recognizing and Changing, or Escaping, Patterns of Abuse in Intimate Relationships***

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Foreword by Arun Ghandi

Every year, in the US and around the world, millions of physical and psychological injuries and deaths result from intimate partner violence, also called domestic violence and in some instances, gender violence. In this work, carefully written for both lay readers and professionals, Angela Browne-Miller details many forms of abuse and violence in relationships, ranging from nonverbal invisible, to verbal, to other emotional, to legal and financial, to physical. She details both healthy and hurtful interactions in relationships and shows how to recognize and change relationships on, or headed down, the path to abuse and violence, and to lasting damage and sometimes even death. She also explains when someone should leave a relationship, as well as how to disentangle safely, without further harm to anyone including the children and other family members.

This highly instructive material is of great value to both persons being abused and those doing the abusing, both frequently caught in generational cycles of abuse. Full of teaching scenarios, great effort has been made to allow persons of both genders, and persons of a range of cultural backgrounds, to put this material to work in their own lives as well as in the lives of their families, children, friends, colleagues, and clients/patients.

This is a book that will interest not only lay readers who are involved in, or know of someone who is or might be involved in, an abusive relationship, but also undergraduate and graduate students, and professionals and scholars, of law, law enforcement, public policy, medicine, psychology, counseling, social work, women's studies, men's studies, and theology. This book also serves as a valuable curriculum for continuing education and certification programs such as pre- and post-licensure Spousal Abuse Courses, and also Domestic Violence Training Programs for those working with persons who have been abused, and Batterers Intervention Programs for those working with persons who have been perpetrating or accused of perpetrating the abuse.

**Dr. Angela Browne-Miller** is the founder of Addiction Stoppers based in northern California, director of the Metaxis Institute based in northern California, and has been a keynote speaker at conferences around the world on the human mind and consciousness, aging, human development through the life cycle, addiction, family and domestic violence, trauma, learning, and behavior change. She is set editor for the *Praeger International Collection on Addictions*, and for the *Violence and Abuse in Society* set, and is author of numerous books, including *Rewiring Your Self to Break Addictions*. Browne-Miller earned two doctorates and two master's degrees at the University of California, Berkeley, where she lectured in three departments for fourteen years and now teaches extension courses. She has served as a National Institute of Mental Health Postdoctoral Fellow, a U.S. Department of Public Health Fellow, the Research Education and Treatment Director for the Cokenders Alcohol and Drug Program, an advisor to addiction treatment programs in the United States and several other countries, and project director on several California Department of Health violence prevention projects. She has worked in clinical and educational settings with several thousand persons. Dr. Browne-Miller is an internationally recognized expert in: issues across the lifespan including childhood, adolescence, college years, parenting, midlife, aging; abuses, societal and family violences, traumas; addictions affecting persons of all ages; and, adaptation, learning and performance in all stages of life. Dr. Browne-Miller teaches seminars and continuing education based on the material in her books, as explained at her url below.

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