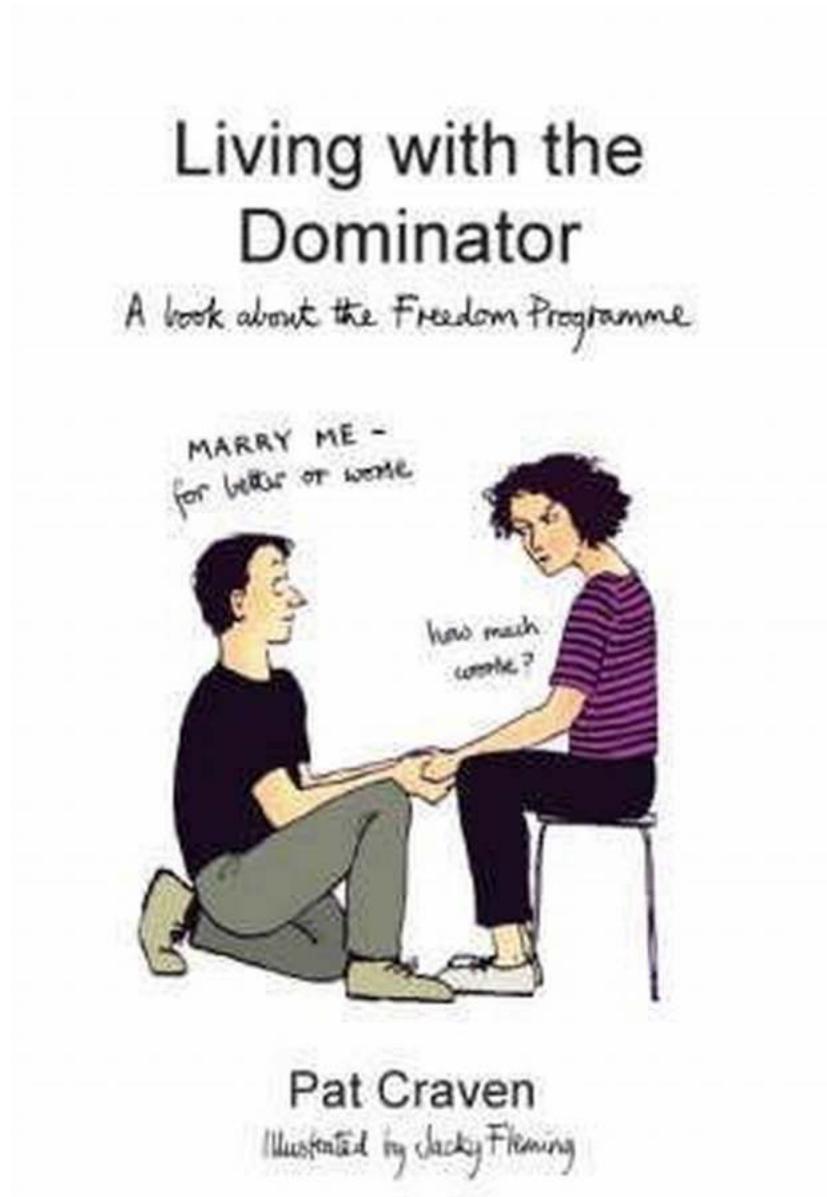


Living With The Dominator Pat Craven



Living With The Dominator is an exceptional book that uncovers the dynamics of abusive relationships and offers invaluable insights for anyone living with a dominator. Written by Pat Craven, a renowned expert in domestic abuse, this book provides a deep understanding of the tactics used by dominators and their impact on victims.

The Dominator - An Intimate Portrait

What drives a person to become a dominator? How do they maintain control over their victims? Pat Craven offers a unique perspective on these questions as he draws from decades of experience working with both perpetrators and survivors. By delving into the psychological and emotional aspects of dominator behavior, Craven sheds light on the underlying vulnerabilities that fuel their need for dominance.

Living with the Dominator
A look about the Freedom Programme



Pat Craven
Illustrated by Andy Fleming

Living With the Dominator by Pat Craven (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 4019 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 118 pages
Lending	: Enabled



Living with the Dominator

A book about the Freedom Programme



Pat Craven
Illustrated by Jacky Fleming

In *Living With The Dominator*, Craven explores the various tactics used by dominators to manipulate and control their victims. From isolation and gaslighting to coercive control and physical abuse, he provides detailed explanations that help victims identify these behaviors in their own relationships. Through real-life stories and case studies, he enables readers to recognize the red flags and patterns associated with dominator behavior.

Breaking Free and Rebuilding

Living with a dominator can be an incredibly challenging experience, leaving victims feeling trapped and helpless. Pat Craven emphasizes the importance of understanding the power dynamics within abusive relationships and offers guidance on how to break free from this cycle of abuse.

Craven's book goes beyond just identifying abusive behaviors. He equips readers with practical strategies and tools to regain control over their lives. From creating safety plans to rebuilding self-esteem, he provides step-by-step guidance for those seeking to escape the clutches of a dominator.

An Essential Resource for Survivors and Professionals

Living With The Dominator is not only a valuable resource for survivors but also for professionals working in the field of domestic violence. Pat Craven's expertise and compassionate approach make this book accessible to a wide audience. Social workers, therapists, and counselors can gain insights into the intricacies of abusive relationships and enhance their support for survivors.



The knowledge offered in this book can ignite meaningful changes in the lives of survivors. By understanding the tactics employed by dominators, victims can regain their sense of self-worth and begin the journey towards healing and recovery.

Living With The Dominator by Pat Craven is an eye-opening exploration of abusive relationships and a guiding light for those living with dominators. Through his expert advice and compassionate approach, Craven empowers readers to

break free from the destructive cycle of abuse, offering hope for a brighter and safer future.

Whether you are a survivor seeking understanding and support or a professional looking to enhance your knowledge, Living With The Dominator is an invaluable resource that holds the potential to change lives.



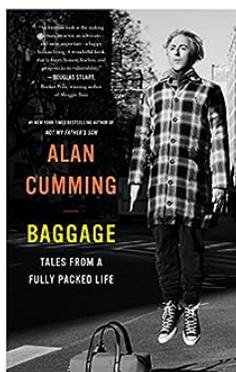
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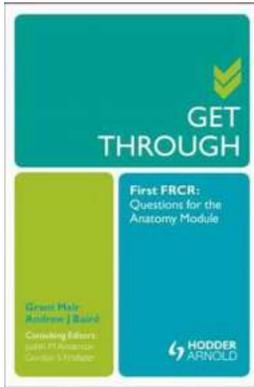


This book explains violent and abusive behavior and places it in a social context. It can help readers of any age and sexual orientation to change their own behavior and to recognise when they are being controlled.



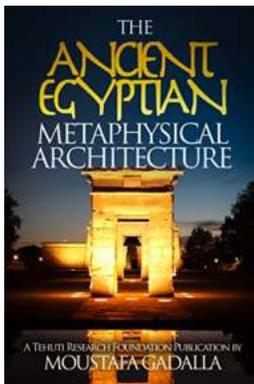
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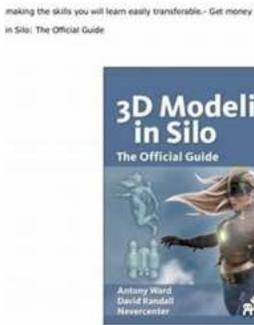
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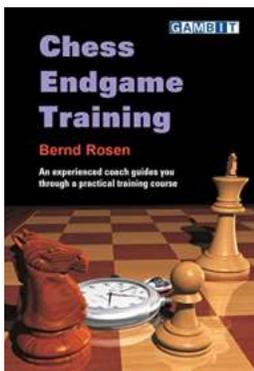
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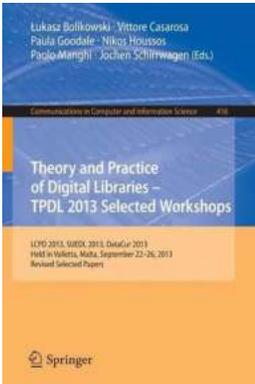
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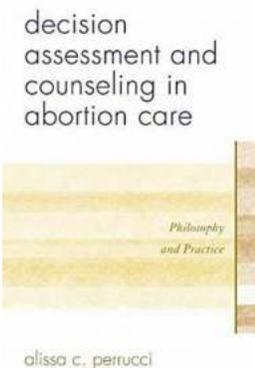
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