

# Men Who Hate Women and the Women Who Love Them: When Loving Hurts and You Don't Know Why

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### **Is this the way love is supposed to feel?**

- Does the man you love assume the right to control how you live and behave?
- Have you given up important activities or people to keep him happy?
- Is he extremely jealous and possessive?
- Does he switch from charm to anger without warning?
- Does he belittle your opinions, your feelings, or your accomplishments?
- Does he withdraw love, money, approval, or sex to punish you?
- Does he blame you for everything that goes wrong in the relationship?
- Do you find yourself “walking on eggs” and apologizing all the time?

If the questions here reveal a familiar pattern, you may be in love with a misogynist — a man who loves you, yet causes you tremendous pain because he acts as if he hates you.

In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in these negative relationships to help you understand your man's destructive pattern and the part you play in it.

She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man.

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## From Reader Review Men Who Hate Women and the Women Who Love Them: When Loving Hurts and You Don't Know Why for online ebook

### Gretel says

My mother married (and thankfully later divorced) this kind of man (my father). Also, I have a friend my age who exclusively falls for these men and has had a lot of unnecessary problems because she won't learn from her mistakes. Infatuation is more important to her than true happiness through a mature and strong bond... After reading the first few pages I also reknognized two men who tried to win me over but I refused their advances (I always read people very well and thanks to my mother's mistake I learned a lot). I want to read this book to see my opinion stated by a pro and maybe find a way to help my friend. If the book is as good as Forward's Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life then I'll recommend her this book or even give her a copy as a present.

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It's creepy and fascinating to see my progenitor basically in all of the stories. Forward talks in one case about falling from grace. It's the moment when the perfect and idealized woman shows any kind of flaw or mistake (whether true or imagined is irrelevant) and the man will feel betrayed by the woman. How dare she change?! How dare she not be the woman he fell in love with?! She was supposed to be the one!

Well, after my parent's divorce several awful things happened. One of which I remembered while reading the book. I was maybe 11 years old and alone. It didn't matter how I uttered my anger, fear, frustration, and other negative feelings. Nobody cared. I was desperate and so I did the only thing I could: I typed my feelings into a word document. I remember it was on a very old re-re-re-used computer and I vented everything. It was my only outlet. The only way to express the toxicity destroying me. I think I printed the page a few times and put them in a shelf.

One day, my mother and I came back from grocery shopping and my father was in the apartment. He shouldn't have been there but since my mother had given him the key, he just invited himself in. He then proceeded to humiliate and insult me. That he had read my "letter" (it was more of a diary, so...) and was disappointed and how I dare do this to him. It was not the first or last time he called me a bad/evil child. He was the victim and I had destroyed him by expressing my anger which I had suffered from their abuse. After talking down to me for I don't know how long, he left. He had left me a letter, written on the computer, and printed out. I still have it. He said the same things as before. How I had given him hope in this evil and dark world and how I had betrayed him and how dare I. He told me that I was just as bad and full of shit as the rest of the world.

I had fallen from grace after expressing years and years of pain.

Thankfully, I knew how full of shit he was and just got angry and frustrated.

Now, years later, the best thing that could have happened is me having fallen from that stupid grace because I never had to try to be "the good daughter". In the end, being abandoned can be a blessing because if he had stayed I'm sure my family would have dealt with even more of his psychotic antics.

There are basically two types of misogynists when it comes to money issues: the "good provider", who is financially stable, and the "tragic hero", who sees himself as an innocent victim of other people's chicanery and who has an extensive history of unemployment and financial chaos; he often has to be supported by his partner. But whether the misogynist is

earning most of the money, or both of you are contributing equally, or you are supporting him, he will take charge of how the money is spend!

My progenitor is the tragic hero: every boss, every employee, heck, every person on this goddman planet is against him! He works sooo hard but everybody is sooo mean to him! Poor unfortunate soul! (Yes, think of Ursula)

I remember how my mother had to work as well, because he was, as the quote says, unstable and financially irresponsible and even if he had a job, he worked poorly. He referred to the money my mother earned as "shit" and "unworthy". But he still wanted to have every fucking dime. He spent money on alcohol, cigarattes, gambling, his affairs, and knowing him probably also on prostitutes. My mother had to buy food like a ninja, all in secrecy. Buying milk or a little bit of meat for my brother and me could very well end in berating and beatings if we weren't careful.

This seems even to me, who has lived it, absolutely unreal.

To this day I don't trust anybody who says they're absolute victims of the world and nobody ever loves them and woe them. So far, I have always been right avoiding these specimen.

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### **Andrea says**

Many years ago, after a first-hand experience of being in this kind of relationship, reading this book saved my life -- in as much as recognizing these kinds of men, acknowledging the power of my own needs and honoring myself, and understanding that not ALL men behave this way.

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### **Hannekeverhorst says**

This psychological book is not meant as a novel. Yet i read it with an eye-opening interest about why women can stay with wife-beaters, control-freaks, manipulating creeps and husbands who slowly suffocate the women who love them so much. It pushed me into the direction of wanting to help people and start counseling, which brought me to where i am today.

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### **Dafne Braga says**

Um processo de cura incrível, escrito de maneira simples, mas muito bem fundamentado teoricamente. Recomendo para todas as mulheres que já passaram por um relacionamento abusivo ou que não querem nunca passar por um.

De poucos livros posso dizer isso, mas, mudou minha vida. Sem exagero.

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### **Deepika Ramesh says**

I began reading it grudgingly because I have a thing against self-help books. But, this book is something.

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Enlightening, and still not preachy.

<https://worncorners.wordpress.com/201...>

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### **Tonya says**

I think this book is important enough for everyone to read. I believe that you will find something that rings true to your own experience. The only thing I do not like is the separation of experiences based on the gender of the individual. For example it may say if the Mother behaved this way then the son will react in this way. I don't believe that these experiences and results can be separated by the gender of the parties they are much more universal than is expressed in this book.

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### **Cheri says**

I'd forgotten all about reading this book until I saw it again on goodreads.

I remember the story associated with being given it more than I remember any details of the book, but I do recall being impressed with it.

A woman who was the mother of a little girl frequently at my house (at the time) gave this book to her husband for his one and only Christmas present the month before. He handed it to me with a somewhat shell-shocked look on his face, and told me the basic fact. Even though the girl was at my house a lot, her dad was the one I would see most often, he went to Little League games, etc. I remember being surprised because he seemed like a great dad, a decent guy.

I do remember I thought a lot about the contents of this book as I was reading it, and for long after. I remember it gave me a new perspective on some issues that most couples go through at one time or another.

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### **Fenixbird SandS says**

truths even if they are hard to hear! Here is strength to pull yourself up if in a relationship...and to heal and grow before your next relationship!

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### **Mónica López says**

—Para mantenerlo feliz, ¿usted ha renunciado a personas o actividades que eran importantes en su vida?

Es un poco difícil realizar un resumen...ya ha pasado meses que leí (3 aproximadamente) pero bien dicen lo que bien se aprende no se olvida.

Este libro llegó a mi vida gracias a Osiris Vargas, una proveedora de mi trabajo con la cual llevo buenas relaciones y que me dio buenos consejos en los momentos más oportunos. Supo de mi reto y me paso el link de libro. Lo descargue, lo imprimí y manos a la obra a leer se ha dicho.

Fueron muchos sentimientos encontrados leerlo. En lo personal no me sentí para nada reflejada en ninguna de las situaciones que se describen. Pero si veía situaciones muy similares a mujeres a mi alrededor. Quería salir corriendo a pedirles que lo leyeran. Me mortifique mucho pensar como sería con el tiempo la vida de estas personas a las cuales aprecio tanto. Sentí miedo de caer también en algo así sin darme cuenta. Sin embargo aprendí que nosotros solas tenemos que darnos enfrentar el error en el que vivimos, valorarnos y solucionar juntos (con tu pareja) si todavía queda algo por que luchar.

“El amor del misógino es característicamente insaciable y exigente; no importa cuánto le des, ni a cuánto renuncies por él: nunca bastará. Jamás estará convencido de que él te importa como tú le importas a él. Inventará constantemente maneras nuevas de poner a prueba tu devoción. Es como si todas las semanas tuvieras examen final, sin poder aprobarlo jamás”

No soy la persona más indicada para hablar de relaciones en pareja ya que soy como una versión de Julia Roberts en Novia Fugitiva, en la que a la primera salgo huyendo para no salir lastimada. Dirían por ahí: “La burra no era arisca...” Sin embargo creo que debemos estar atentas a detalles que por pequeños que parecen nos indicaran situaciones que más adelante se pueden tornar más grandes y graves.

Control sobre las amistades. Sobre el tiempo, sobre el dinero, sobre la apariencia, sobre tú vestir, tú actuar y tú hablar.

“Él tiene que saber todo lo que hago. Cualquier cosa que no hable primero con él, la usa como arma para demostrar que no soy digna de confianza. Me llama tres o cuatro veces por día, no sólo a mi apartamento sino al coche patrullero, para verificar dónde estoy y con quién. Es muy molesto. Si no estoy donde él espera, me arma un escándalo. La semana pasada salí a almorzar con otra mujer policía cuando regresé me lo encontré ante mi escritorio, con la cara roja como una remolacha”.

¿Qué diferencia hay entre castigarte con los puños o con palabras?

Léanlo está online...Quiéranse mucho!!!

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## **Sherri says**

This book helped to enlighten me on my situation with my ex-husband. It literally helped save my life.

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## **rafaela says**

believe or not when i say i read this book because i liked somebody who i knew for 3 years and made me cry my eyes out when he left me, a broken heart can happen to any one, of any age, of any life style, Dr. Susan

tell us how in a relationship that starts like sweet corn candy can end up like ugly poison apple, and you can be the worse victim on it. you feel helpless, depressed, and you can't really relate to anything because life is empty and nothing feels right, you try to look up but down is the only path you see, the clouds are blue but dark oceans are more like to you, and how you just feel like the only person that really better to you had gone, and now you just have to learn how to live life without them, even if you see them every day with someone else that you probably know too, makes no sense to want to fight for them because like they say "don't make someone your priority, if you are just an option to them". Dr. Susan helped to live a normal life after a storm and I truly recommended this book for the broken heart.

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### **Beks says**

Confronting but not hateful or angry. She writes from both her own experience and that of couples she has counselled, it EXPLAINS so much - and gently too.

A lot of these books leave me feeling as though they are "coming AT you". Insightful rage and even more pain. They have a real man-hating aspect to them. The compassion that this author writes with makes turning the pages a little less difficult - even though the topic is nothing short of awful.

This book has been confronting as a mother - it has shown areas that I need to work on with my son. It has also shown me where and how I enabled my ex's behaviour, my responsibility in how I allowed this to happen, it also pointed out why it is so frightening for fathers to be this way, especially with their daughters.

I'm still reading it. Because it is confronting on so many levels, I find I have to keep putting it down and coming back to it.

It has been written with such respect for everyone involved that it allows me to still feel the love I had for the man I was with, without feeling anything more than sadness for everyone involved - no hatred or resentment, residue fear for his daughter - but there is little I can do about that for the time being.

I intend to write the author and thank her, as a mother, a "partner" and as a woman so badly wounded by this type of relationship - you cannot heal what you will not allow yourself to admit to. This book helps you get there without hating yourself or leaving you neck-deep in humiliation.

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### **Georgette says**

Gave this book to two friends who went through what I had with my ex-husband. It helped both them and myself come to terms with a bad relationship. This book changed my life for the better.

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### **Catherine Adde says**

Helped me get out of a very abusive situation and regain my life and self back. Not just for women.

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## **Lindsay says**

Shed welcome light on a painful problem with a friend. I would highly recommend it for anyone who found themselves in a friendship or relationship with someone with emotionally abusive tendencies. Checked out a number of books on the topic and this, along with one other (also on my list) were the two best. Marked five stars mostly for the profoundly validating and clarifying effects it had on me.

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