



# The Three Dimensions of Domestic Violence

*PhD Mangal Dan Dipty*

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## **The Three Dimensions of Domestic Violence** PhD Mangal Dan Dipty

Have you ever felt like hitting or slapping your spouse or partner? Have you ever felt like calling him or her names? Do you experience anger or frustration or emotional turmoil in your relationships? Do you feel that talking to your spouse or partner is like talking to a wall? Were there times you felt like breaking off your relationship? Have you ever struggled with a vice, addiction, or destructive behavior and felt helpless against it? Or have you ever been a victim of someone who does? *The Three Dimensions of Domestic Violence* reveals newly discovered practical ways to eradicate negative behavior patterns that diminish quality of life. Where other programs fail, this book offers solutions that can change lives. Among these power-packed strategies, readers will learn how to: Identify anger and violence in the home; Relieve tension build-up before it is outwardly expressed; Overcome addictive tendencies daily stress and undesirable addiction; Understand different styles of communication and recognize his or her own style; Apply positive communication to personal and work relationships; Enjoy personal and family relationships. Filled with vivid personal examples and researched case studies, Dr. Dipty shows how to overcome adversity in the home, workplace, and daily life. With valuable application tools, such as end-of-chapter reflections and illustrations, you will be on your way to a healthier mindset and better quality of life as you discover *The Three Dimensions of Domestic Violence*.

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