

## Unclenching Our Fists: Abusive Men on the Journey to Nonviolence

**Sara Elinoff Acker**

Vanderbilt University Press (December 2013)

Softcover \$19.95 (208pp)

978-0-8265-1942-9

Sara Elinoff Acker has been studying relationships, albeit the violent type. In *Unclenching Our Fists*, she explores a litany of depressing questions, beginning with why some men become abusive and leading to the eyes-wide-open discussion of whether they can change their evil ways. Active in the battered-women's movement for more than twenty-five years, Acker has seen some reasons to be encouraged over the years. Her book tells the first-person stories of eleven men from all walks of life who have made serious long-term progress in ending their violent, controlling behavior.

MATT SUTHERLAND (Winter 2014)

*Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.*