
*About the author:* Murray, a licensed psychotherapist, speaks to thousands of high school students and their parents around the country each year about abusive teen relationships. She has been a therapist for a domestic violence shelter for women and children. She is now in private practice in California.

*Summary:* Parents who know or suspect that their daughter is in an abusive relationship will find Murray’s book helpful. The author details the warning signs parents should look for, and advice to parents about approaching their daughter to express their concerns. The options available for both parents and daughters have for confronting and ending the abuse are described. Murray asserts that most teen girls do not know the difference between a healthy and an unhealthy—and abusive—relationship. It is essential, then, for parents to recognize the warning signs.

The key task for parents to help their daughters is to establish open and effective communication. Demanding that their daughter end the relationship does little more than further alienate the abused and can even push her closer to her abuser. Murray stresses that identifying the abused as a victim impedes the individual’s ability to take control of her abusive situation. If she sees herself as weak, she will not find the strength to end the relationship. Parents must face the unpleasant truth that their daughter is *choosing* to be in the relationship.

Abusers have frequently been abused themselves. This fact does not, of course, excuse the abuser’s behavior or make it any less threatening. But, it indicates that abusers need help. Murray advocates individual and family therapy for abusers and victims. A listing of organizations, books, and Internet search terms that can yield information to parents and teens for interventions is provided.

*Reviewer* Anikka Martin is a former masters’ degree student in English, secondary education at Northern Illinois University.