



# The Choices Program: How to Stop Hurting The People Who Love You

*Ph.D., William E. Adams*

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**The Choices Program: How to Stop Hurting The People Who Love You** Ph.D., William E. Adams

The Choices Program: How To Stop Hurting The People Who Love You teaches partners how to put an end to verbal and physical abuse in their relationships. Drawing on many years as a clinical psychologist and director of a dedicated domestic violence counseling program, Dr. Adams provides an original and effective step-by-step program for men and women who want to stop hurting their loved ones. The Choices Program is a powerful tool for anyone struggling to end destructive behavior in their relationships. The Choices Program is currently used by individuals and couples, professional counselors, domestic violence counseling programs, and within correctional and military settings to teach the skills and concepts needed to stop hurting the people we love the most. William E. Adams, Ph.D. is a clinical psychologist who has provided counseling to thousands of men and women who chose to make meaningful changes in themselves, and in their relationships with the people who love them.

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