

## FOR ALL WOMEN WHO ARE IN THE MIDST OF MAKING DECISIONS ABOUT RELATIONSHIP PARTNERS

How to avoid the mistakes of Gabby Petito and so many other talented, smart, and beautiful woman. This book highlights why it is critical for women to make smart and safe decisions in making the crucial life decision of choosing a partner and the warning signs of abusive and controlling men: *love-bombing, jealousy, blaming the partner, "too much, too soon", etc.*

What can women learn from the story of Gabby Petito and other women such as Loretta Lynn, Tina Turner, Rihanna, Doria Day, and so many other women? What questions and tools did these women miss when choosing a partner? "Choose Him Wisely," in a systematic and engaging fashion, answers these questions.

"Choose Him Wisely" is written by Ph.D. clinical psychologists with a combined nine decades of clinical and research experience working with victims of domestic violence and male abusers. Fueled by Dr. Meichenbaum's passion for protecting the women closest to him, he and Dr. Wexler created a way to help women make smart and safe decisions about their partners: a practical, user-friendly, and compact book that can help both men and women make critical decisions.



DAVID B. WEXLER, PH.D., is a clinical psychologist and the executive director of the Relationship Training Institute in San Diego. He is the author of seven books on relationships in conflict, including "When Good Men Behave Badly," "#MeToo-Informed Therapy: Counseling Approaches for Men, Women, and Couples," and "The STOP Domestic Violence Program." Dr. Wexler has been featured on the Dr. Phil show and the TODAY show, and on hundreds of radio and TV programs throughout North America to help educate the public about relationships in conflict and how to resolve them.



DONALD MEICHENBAUM, PH.D., is the research director of the Melissa Institute for Violence Prevention in Miami, Florida. He is one of the founders of Cognitive Behavior Therapy. He is a Distinguished Professor of clinical psychology at the University of Waterloo in Ontario, Canada. He was voted "one of the ten most influential psychotherapists of the 20th century" by clinicians, as reported in the American Psychologist Journal.



CHOOSE HIM WISELY

DAVID B. WEXLER, PH.D. & DONALD MEICHENBAUM, PH.D.

# CHOOSE



# WISELY

## HOW TO IDENTIFY A SAFE PARTNER

David B. Wexler, Ph.D. &  
Donald Meichenbaum, Ph.D.